Day 31 and My Slip Plan

Pre-mortem. Imagine today is day 90 and the plan has collapsed. Why? (Chapter 13)

#	The plan collapsed because…	How I'll head it off
1		
2		
3		
4		
5		

My day-31 choice: ▲ continue ☐ ○ return with rules ☐ ■ go on with support ☐

My slip plan

1. Stop at that drink.
2. Name it: "This is a slip," not "I've failed."
3. Write it in the diary: when, where, with whom, what I felt before.
4. Tell _____ within 24 hours.
5. Get back to the plan the very next day.
6. Ask: what needs adjusting?

Change roads when: I break my rules more than half the time in a month (○ → ▲); I get shaky or sweaty between drinks, need a morning drink, or slips join up into weeks (→ ■).