

Dry January Worksheets

The new year offers a fresh start, and Dry January is a great opportunity to reset your relationship with alcohol. **This collection of worksheets is designed to support you through the month by providing practical strategies and tools to help you stay mindful, track your progress, and understand the triggers that may lead to drinking.** By engaging with these worksheets, you can take proactive steps to build healthier habits and navigate your Dry January with confidence and clarity.

Here is a brief introduction to each worksheet included in this package:

Dry January Tracker 2025

The Dry January Habit Tracker helps you stay accountable by tracking your alcohol-free days, celebrating milestones, and reflecting on your progress. Paired with mindful drinking resources, you'll gain valuable insights into your drinking habits and learn strategies to stay balanced and intentional throughout the month.

How to Set Healthy Boundaries

The Healthy Boundaries Worksheet helps you identify and set clear boundaries as you move through Dry January. By establishing limits—both personally and with others—you'll find it easier to stay focused on your goals. Defining what you will and won't tolerate reduces the risk of feeling pressured or tempted to drink. Use this worksheet to explore your boundaries and create strategies for maintaining them throughout the month.

Identifying Your Alcohol Triggers

The Alcohol Triggers Worksheet helps you recognize situations, emotions, and thoughts that drive the urge to drink. By identifying your triggers, you can anticipate them and develop strategies to manage your response, making it easier to stay in control during Dry January.



Dry January Tracker 2025

It's well-documented that excessive drinking can be detrimental to your health. Many people feel concerned about their drinking habits, even if they don't have alcoholism or substance use disorder. Problematic drinking exists on a large spectrum, but drinking too much can result in severe physical and mental health consequences. Some people choose to complete the Sober October challenge to see what life feels like when they stop drinking.

This alcohol tracker will help you track your efforts. Color the bubble for each day you don't drink alcohol to track your progress.

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Taking time off from drinking can offer a range of physical, mental, and emotional benefits. This break allows you to reset your relationship with alcohol, leading to improved cognitive function as your brain heals, better sleep quality with fewer disturbances, and stronger relationships as you become more present and engaged with loved ones. Additionally, abstaining from alcohol can enhance your mental health by alleviating symptoms of depression and anxiety, contributing to overall well-being.

Tips for Cutting Back on Alcohol

Use a Mindful Drinking App

[Mindful drinking apps](#) can help you become more aware of your habits and track your progress. These tools offer clinically recommended support for those looking to drink less.



Learn How to Drink Intentionally

[Mindful drinking](#) is choosing to drink intentionally within healthy limits rather than giving up alcohol entirely. It encourages a person to become aware of their body, thoughtful about their needs and the effect of alcohol, and focused on the present moment.



Additional Tips to Cut Back on Drinking

There are several strategies to help you [reduce your alcohol intake](#) effectively. Try these eight tips to learn how to cut back on your alcohol consumption.

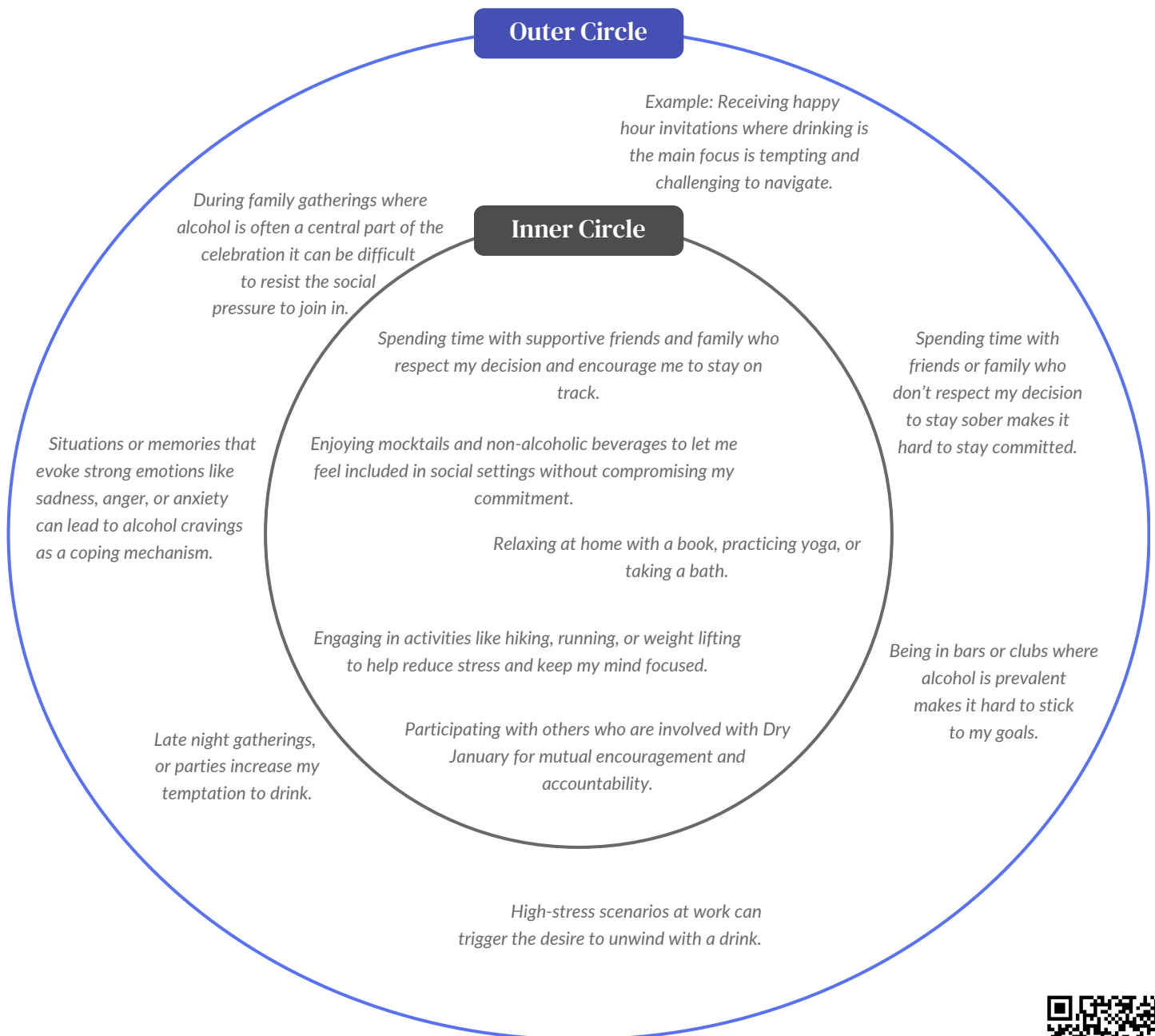


How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries as you navigate Dry January. Establishing clear limits—both with yourself and in your interactions with others—can make it easier to stay committed to your goals. By defining what behaviors and situations you will and won't tolerate, you can reduce the likelihood of feeling pressured, overwhelmed, or tempted to drink. Use this worksheet to explore your boundaries and develop strategies for maintaining them throughout the month.

PART 1: Visualize Your Boundaries

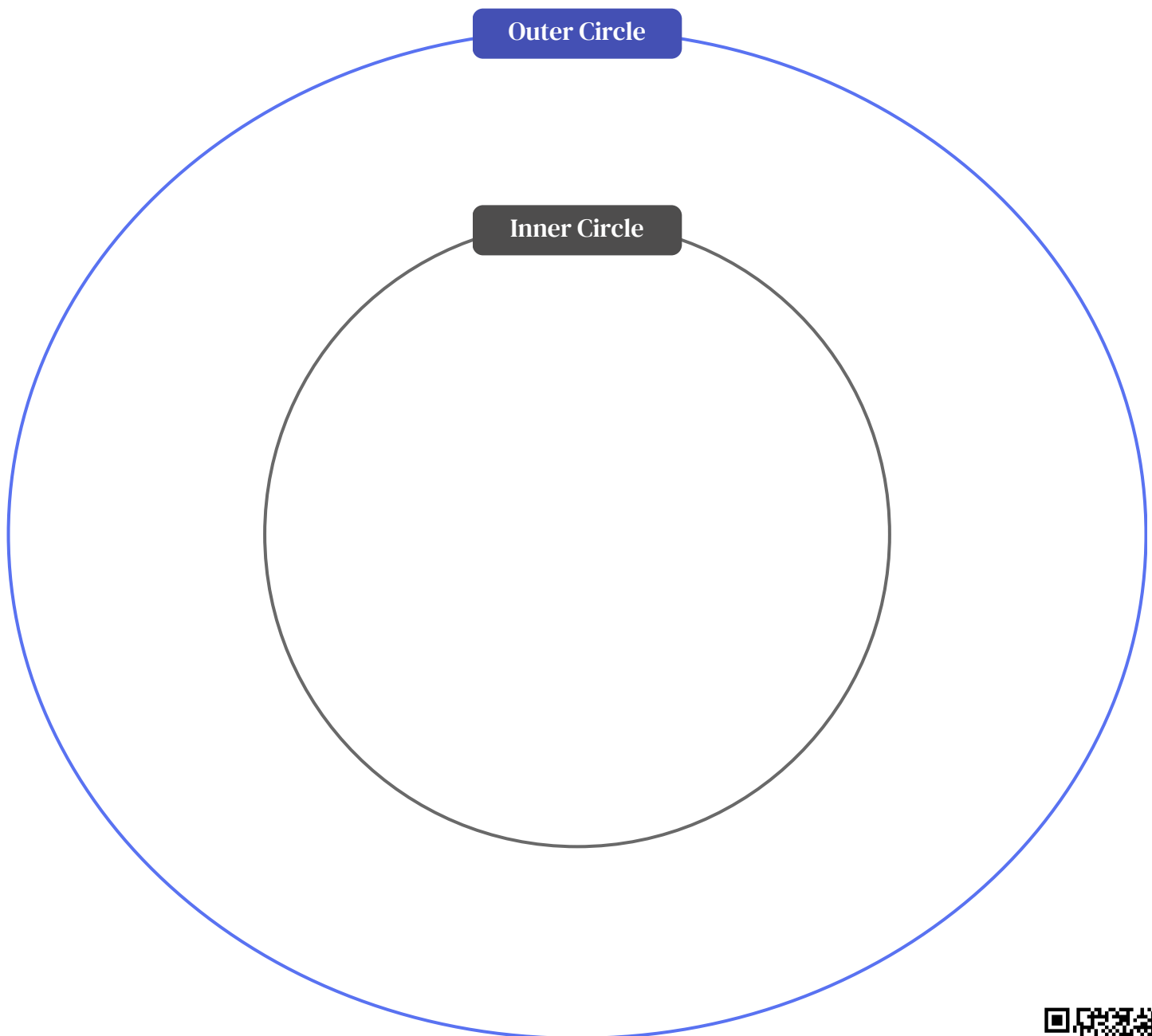
Inside the circle, write down everything that makes you feel confident in your decision to stay sober. Outside the circle, list anything or anyone that might challenge your sobriety, such as situations, people, or behaviors that make you feel stressed, uncomfortable, or tempted to drink. These are the areas where you'll need to set clear boundaries to protect your commitment.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What situations or people make it difficult to stick to my Dry January goals?
- What am I looking forward to each day that supports my sobriety?
- What do I find myself dreading each day because it might challenge my commitment to stay sober?
- Who or what energizes and motivates me to continue with Dry January?
- Who or what leaves me feeling tempted, drained, or discouraged by my sobriety journey?
- Who or what helps me feel secure, supported, and confident in my decision to stay sober?



PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please don't offer me any drinks tonight."
- "I'm focusing on my Dry January challenge, so I'll stick to non-alcoholic options."
- "I need to step away for a moment; this environment is a bit overwhelming."
- "I'd prefer to avoid situations where drinking is the main focus, thanks."

Emotional Boundaries

- "I'm feeling a bit overwhelmed with cravings right now and need some space to regroup."
- "I'm not comfortable discussing my sobriety in detail at the moment."
- "Please respect my feelings about staying sober during this challenge."

Interpersonal Boundaries

- "I feel uncomfortable when you pressure me to drink and need it to stop."
- "I need you to respect my decision to stay sober this month."
- "I am not okay with being teased or questioned about my choice to participate in Dry January."



PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My close friends often invite me to happy hour after work, and they tend to pressure me to join even when I've said no. Last week, they insisted that "one drink won't hurt," which made me feel uncomfortable and challenged my commitment to Dry January.

Boundary I will set:

I will have a conversation with my friends to let them know that I'm committed to staying sober throughout January and would appreciate their support. I will ask them to respect my decision by not pressuring me to drink or attend events where alcohol is the main focus. I'll suggest alternative activities we can enjoy together that don't involve alcohol.

Any potential challenges:

My friends might feel like I'm distancing myself from the group or that I'm no longer interested in socializing with them. They may not understand why I'm taking this challenge seriously and could perceive my request as unnecessary or overly cautious. Additionally, they might struggle to find non-drinking activities that we can all enjoy together.

How I will handle these challenges:

During our conversation, I will explain to my friends that their support is important to me. I'll let them know that my request to avoid alcohol-focused activities isn't about distancing myself but about maintaining my commitment to this challenge. I'll emphasize that finding alternative ways to hang out will allow me to fully engage and enjoy our time together. For example, I could say, "I really value our friendship and want to continue spending time with you all. Since I'm participating in Dry January, could we plan some activities that don't involve alcohol, like going for a hike or grabbing coffee? I'm committed to this challenge, and your support would mean a lot to me."



PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:



Identifying Your Alcohol Triggers

Understanding what triggers your urge to drink is a crucial step toward managing alcohol consumption effectively. An alcohol trigger is any situation, event, or thought that increases the desire to drink. These triggers can be external, such as certain places, people, or social situations, or internal, like specific emotions, memories, or stressors.

Identifying your alcohol triggers involves paying close attention to the situations that make you want to drink, as well as the physical and emotional responses that accompany these moments. By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your choices. **This worksheet will guide you through the process of identifying and analyzing your alcohol triggers and help you develop strategies to manage them effectively.**

PART 1: Identify Triggers

List a situation where you commonly feel the urge to drink and describe the associated physical symptoms, thoughts, and emotions.

Situation Description

Attending a social event where alcohol is served (e.g., a party, dinner, or after-work gathering).

Location

A bar, restaurant, someone's home, or a work-related happy hour event.

People Involved

Friends, coworkers, family members, or people who may encourage or participate in drinking.

Before

1 What were you feeling physically?

Tense, a knot in the stomach, and a general sense of restlessness. Heart racing, shallow breathing, and feeling jittery.

2 What were you thinking about?

- *"I need a drink to relax after such a stressful day."*
- *"Everyone else will be drinking; I don't want to feel left out."*

3 How did you feel emotionally?

Overwhelmed, stressed, and anxious. FOMO (fear of missing out) about not joining the social drinking.

After

1 What were you feeling physically?

Fatigued, slightly dizzy, and sluggish.

2 What thoughts did you have?

- *"Now I feel guilty for drinking when I said I wouldn't."*
- *"I don't feel better, just more drained."*

3 How did you feel emotionally?

Regretful and frustrated with myself for giving in. Slightly anxious about how much I drank and how it might impact me tomorrow.



Scan or [click here](#) to learn more about why people drink alcohol.

Identifying Your Alcohol Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations, people, or emotions that trigger your urge to drink. Recognizing these patterns will help you anticipate when you might feel the desire to drink and prepare strategies to manage or avoid those triggers more effectively.

Are there common themes, people or situations that often trigger your urge to drink?

Are there any early warning signs or cues that help you recognize when you're being triggered?

What does your inner dialogue sound like when you feel triggered?

How do your alcohol triggers affect your behavior or decision-making?



What changes or adjustments could you make in your daily routine to reduce exposure to common triggers?

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How can you reframe or challenge negative thoughts associated with your alcohol triggers?

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PART 3: Develop Mindful Drinking Strategies

Learn coping strategies that can help you manage alcohol triggers in challenging situations.

- Set an intention before drinking, like enjoying one drink and savoring the experience.
- Sip slowly and pause between sips to stay present with how you're feeling.
- Alternate between alcoholic drinks and water to stay hydrated and aware of your consumption.
- Check in with yourself before and during drinking—ask if you're still enjoying it or just drinking out of habit.

- Limit alcohol in environments where you tend to overindulge, like stressful situations or social pressure.
- Keep track of how much you drink in a journal to build awareness of your habits.
- Plan alcohol-free days during the week to maintain balance and give your body a break.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

