

CORE

FREE / 4 PAGES

FIELD GUIDE 09

THE SOBER RESET

A 30-Day Alcohol-Free Clarity Plan

What long-term sobriety teaches you that day one cannot.

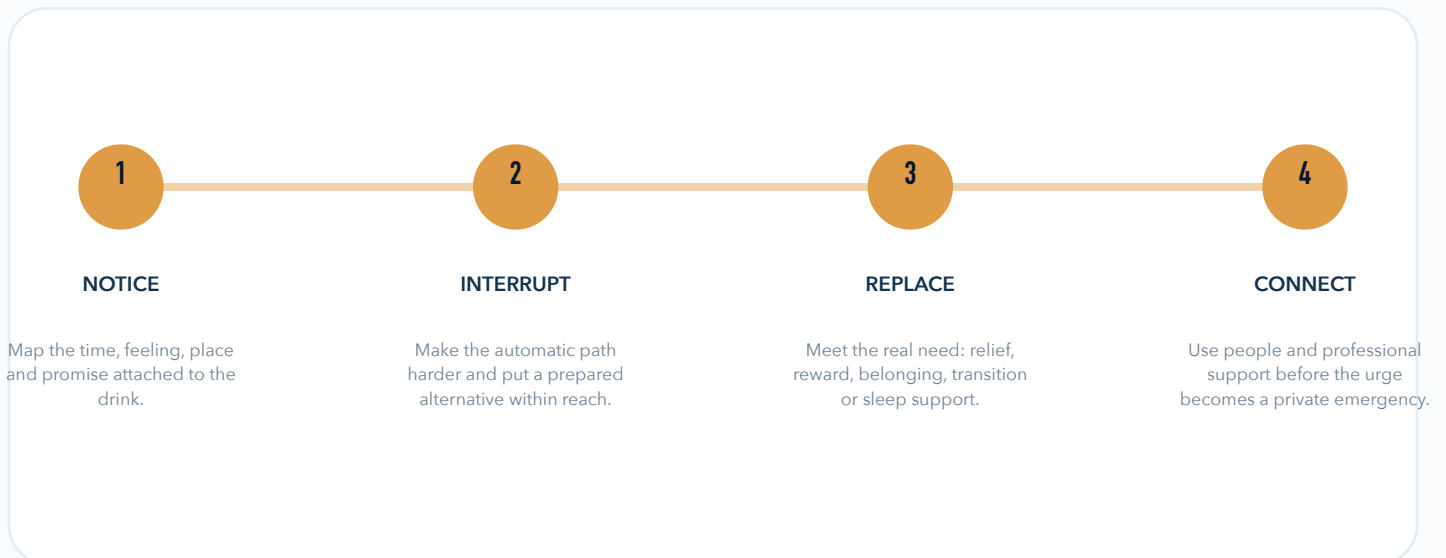
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

THIS IS NOT A TEST OF WILLPOWER

Thirty alcohol-free days can give you useful distance from automatic routines. The goal is not to become a different person overnight. It is to notice what alcohol was doing, build safer replacements, and decide your next step with clearer information.



WHAT THIS CORE EDITION HELPS YOU DO

● CORE OUTCOME 01

Planning evenings before decision fatigue arrives.

● CORE OUTCOME 02

Tracking sleep, mood, energy and urges without turning the process into punishment.

● CORE OUTCOME 03

Practising a clear answer for social pressure.

● CORE OUTCOME 04

Building support before a hard moment, not only during one.

02 / USE THE ACTION CARD

THE 10-MINUTE SOBER RESET CARD

1

DELAY

I will make no alcohol decision for ten minutes.

2

DOWNSHIFT

Long exhale. Unclench. Name the feeling and body sensation.

3

MEET THE NEED

Water or food if appropriate. Use the replacement that matches the real job.

4

DISRUPT

Change place. Remove access. Call or message: _____

5

ESCALATE

If I may not stay safe, I use professional or emergency help now.

WRITE THE FIRST REAL STEP

Tomorrow-me will thank me for...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This workbook is education and self-reflection. It does not diagnose alcohol use disorder, manage withdrawal, or replace a clinician. If you drink heavily most days, have had withdrawal before, are pregnant, take interacting medicines, or have major health concerns, speak with a qualified health professional before stopping.

CORE OR EXTENDED?

CORE / FREE**THE FIRST MOVE**

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99**THE FULL SYSTEM**

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: NIAAA / SAMHSA / IMPORTANT EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-the-sober-reset-a-30-day-alcohol-free-clarity-plan-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

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