My first 30 days without alcohol

A flexible guide for after medical safety has been assessed

Before day one: make a safe plan

Speak with a doctor before stopping or sharply reducing if dependence or withdrawal may be involved. These weekly ideas are not a detox schedule or a prediction of how you should feel. Follow your treating team's advice.

Week one: focus on support and the basics

Arrange regular contact with someone supportive. Plan manageable meals, rest and recommended appointments. Example: "My job today is to attend my appointment and ask for help with tonight."

Weeks two and three: learn and practise

Notice situations linked with drinking. Try one coping action and build a simple routine around support. Example: when the after-work urge appears, call a recovery contact before deciding what to do.

Week four: review rather than graduate

Ask what helped and where you need more support. Look beyond the number of days: honesty, connection and safer choices matter too. Keep care and support in place. Your pace may be different, and that is worth discussing rather than judging.

Before you change your drinking

If you drink heavily or regularly, need alcohol to feel steady, or have had withdrawal before, speak with a doctor before stopping or sharply reducing. Alcohol withdrawal can be life-threatening. Shaking, sweating or feeling unwell after cutting down needs prompt medical advice. Call 000 for seizures, severe confusion or hallucinations.

Australia: Alcohol and Other Drug Hotline 1800 250 015 (free, confidential advice). Lifeline 13 11 14 (24/7 crisis support). Call 000 if there is immediate danger or a medical emergency.

Make it personal

Write a few words. You can leave questions blank or talk them through with someone.

My medical advice, support people and contact details...

Week one: the basics I need help with...

Week two: a difficult situation and my response...

Week three: a routine I want to practise...

Week four: what helped, and my next support plan...

You do not have to do this alone.

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Safety and support sources: healthdirect.gov.au/alcoholism; adf.org.au/insights/safely-withdrawing-alcohol/; lifeline.org.au/131114; medicarementalhealth.gov.au/provider/national-alcohol-and-other-drug-hotline-16469. Checked 1 October 2026.