My sober weekend plan

Make space for support, enjoyment and rest

Plan the time that feels hardest

Notice when the urge to drink tends to show up: after work, a quiet evening, a celebration or Sunday afternoon. Plan one helpful action for that time before the weekend begins.

Choose a mix that fits you

Include something enjoyable, some rest and a supportive connection. You might arrange a meeting, call a friend or plan a simple meal. Leave breathing room; a full timetable is not a requirement for recovery.

Make event plans practical

Check the venue, decide what you will drink and arrange transport you can use when you want to leave. Have a backup plan. You can decline an event or leave early. Never drive after drinking.

Prepare a plan for urges

If an urge shows up, move to a safer setting if possible, pause and contact support. Try: "I am tempted to drink and need someone to talk to." Keep a backup contact. If plans fall through, return to one manageable action and one supportive connection.

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.

Friday: my difficult time and what I will do...

Saturday: something enjoyable, some rest and support...

Sunday: what will help me feel ready for next week?

For an event: drink choice, transport and leaving plan...

If I feel tempted: first action and two support contacts...

You do not have to do this alone.

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Adapted from The Freedom Room article: How to Have Fun Sober and Build a Rewarding Alcohol-Free Life (supplied text). 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.