



Sober Survival Guide

The nightlife scene can be a daunting prospect for people starting their sober-curious journey. From dates to concerts, ballgames and bowling allies, it seems like alcohol is always at the top of the invite list!

But with a little practice and the right mindset, you'll be on the dance floor with your favorite mocktail in no time. Here are some simple ways to keep alcohol out of the equation when you're out on the town:

1 Plan Ahead

Decide ahead of time how you'll handle pressure to drink or questions about your sobriety.

Keep a few of your favorite mocktail recipes on your phone to show the bartender if the menu is mocktail-free.

2 Mocktail Minded

3 Where's the Exit?

If you start to feel uncomfortable and want to leave early, have an excuse ready ahead of time.

Travel with a friend or a whole pack of sober supporters to help keep you feeling connected and comfortable.

4 Bring a Sober Ally

5 Focus

Engage in conversation, hit the dance floor, compare Netflix watchlists, play desert island – there is so much more to do than drink!

Advocate for places prepared for sober socializing, like NA bars or activity spots, like roller skating or axe throwing.

6 Choose Sober-Friendly Venues

7 Shut It Down with Confidence

Prepare a short, positive response, in case someone asks why you're not drinking. Even something like, "You guys go ahead, I'm going to sit this one out," can deflect additional unwanted questions.

Drink plenty of water and leave the house hungry so you can take full advantage of the food menu, while others are on the cocktail list.

8 Stay Hydrated and Energized

9 Reframe Your Perspective

Focus on the perks of sobriety, like staying in control, clear-headed conversations, and no hangovers.

The choice to live alcohol-free is not always easy, but if it was, everyone would do it. Own your sobriety and enjoy the night your way!

10 Celebrate Who You Are