

## Sober Driving Plan

Name:

**Basic assumption:** You intended to drink or use but never intended to get a DUII.

1. What was your plan? *For example, "I will only have 2 drinks, I'll get someone else to drive, call a cab" etc.*
2. Where did the plan break down? *For example, "I lost control of my drinking, made bad decisions under the influence, circumstances arose that I did not anticipate, I underestimated my abilities to control drinking/using and it's effects" etc.*
3. What decisions caused negative consequences, or risk to me or others? How did I rationalize my decision? What thoughts led to an unwise decision?
4. I define responsible drinking/using as:

5. How will you modify your plan in the future to reduce the likelihood of ever driving under the influence? *For example, you can't say "I just won't drive after drinking" because you can't trust your judgment when under the influence.*
6. How will you prevent yourself from driving when your ability to assess the risks and consequences is impaired? Give 3 examples of where you might be tempted to drive after having had alcohol or mood-altering medications or other substances and describe your prevention plan.
7. Define what acceptable use would look like such as how often and how much on each occasion.

Please write out your comments and observations and read in one of your treatment groups. Write down any feedback you receive in group, and then comment in writing about that feedback: what did you think and feel with suggestions or observations from group members? How might you change your plan, if at all, based on the feedback?

\* Turn this in to your primary therapist.\*