**Sampling Sobriety**

You have said that you want to cut down or stop your drug and/or alcohol use now or in the future. One way of seeing how successful you will be is to ‘sample the behavior’.

Sampling sobriety means testing out your ability to not use drugs and alcohol for a given period of time. Here is how you do it.

**Selecting the day and time:**

- Pick a day you would normally use:
- Pick the length of time you want to remain clean and sober:

**Begin sobriety**

- Start the sampling sobriety clock (write out time):
  
  *(Write down the time you decided to stop using)*

- Stop the sampling sobriety clock (write out time):
  
  *(Write down the time you ended the sampling period, either because you were successful at remaining clean and sober, or because you ended up using either drugs or alcohol.)*