11.3) Alcohol-Free Fun Worksheet

What follows is an **Alcohol-Free Fun Worksheet**. Use this tool to make a list of all the fun things that you can do when you are not drinking. Later when you are choosing to do some alcohol abstinence time you can refer back to this sheet when you feel bored and can't think of anything to do other than to drink.

Alcohol-Free Fun Worksheet
List all the ways that you can think of to have fun without alcohol
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