Handout: Using the SOBER Breathing Space in Challenging Situations Worksheet

Instructions: In the left column, list any situations (people, locations, relationships, emotions, events) that happen this week that feel challenging, triggering, or high-risk. In the next column, write what you notice about your reactions, especially sensations, or emotions that might be cues for you in the future to take a SOBER space. In the third column, note whether you were able to take a SOBER breathing space, and in the final column, write your response in this situation.

High-risk situations or triggers (people, locations, emotions, events)	**Reactions (sensations, thoughts, feelings that might be cues for taking a SOBER space)**	**SOBER Space? (yes/no?)**	**How did you respond?**

The reactions you listed in the second column may be cues for you to **stop** and take a SOBER space. You may use these reactions as a reminder to step out of an automatic, reactive mode and **observe** your experiences.