

## 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 (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?

Notice that the reactions you listed in the second column can be cues for you to **stop** and take a breathing space. See if you can recognize these reactions and begin to use them as a reminder to step out of an automatic, reactive mode and **observe** your experiences.