

Deep Q-Life Sobriety: Daily Review Sheet

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Set Today's Intent

Date: _____ Sleep last night (hrs): _____

Focus of the day: _____

Actions I will take: _____

Identity I will build: _____

Morning Policy Preview (2–3 min)

Write a Morning Policy

Soft factor focus (choose one):

state-awareness ☐ urge surfing ☐ self-compassion ☐ future-self focus ☐

Today's one-sentence policy (link to a trigger): _____

Visual cue placed? ☐ yes Where: _____

In-the-Moment Checks

Three-Breath State Check

1) Name body state. 2) Name emotion. 3) List two non-drinking options.

Planned high-risk windows: _____

Go-to replacement action for each: _____

Log Today's Trigger Experiments

Log a few transitions as (s, a, r, s') to feed evening replay.

Trigger state s	Action a	Immediate (1–10)	Delayed/next s'
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

¹Get in touch: <https://linktr.ee/dyjh>. Main paper: https://hilpisch.com/dql_sobriety.pdf.

Support and Environment Tweaks

Lock Supports and Environment

☐ Accountability ping sent ☐ Physical cues removed (alcohol, bar tools)

☐ Movement scheduled ☐ Meal plan set ☐ Sleep plan set

Identity statement for the day: _____

When in Doubt: Quick Value Check (circle or mark)

Score Impact Before Acting

Category	Immediate (next hour)							Tomorrow (wake-up / next day)						
	-3	-2	-1	0	+1	+2	+3	-3	-2	-1	0	+1	+2	+3
Mental state														
Physical state														
Emotional state														
Relationships														
Finances														
Identity/purpose														

Evening Replay (3–5 min)

Run Evening Replay

Replay one salient event as (s, a, r, s') .

Trigger/state: _____

Action chosen: _____ Urge intensity (1–10): _____

Immediate reward: _____ Delayed consequence (morning impact, relationships, finances): _____

If slip/close call: “Mission log: [time], [trigger], [action]. Next time I will adjust [state/action/support] by _____.”

Compassion line: _____

Small win or gratitude: _____

Future-Self Check (1 minute)

Future-Self Check

Tomorrow morning: I want to wake up feeling _____

Three-month benefit I am building: _____

One-year sober vision: _____

Next action that serves all three versions of me: _____

Keep iterating the policy: data in, compassion on, upward and onward.