

FRANK SOBERMAN

SOBER WALK



A PRACTICEBOOK

PDF-EDITION (EN)

Contents

Soberwalk 3

Movement. Awareness. Change.

Soberwalk Alone 5

Anytime. No planning required.

Soberwalk Together 7

Connection. Conversation. Community.

Soberwalk Rituals 8

New habits. New paths.

Soberwalk Starting 9

Simple. Open. Free.

Soberwalk Community 10

Walking together.

Soberwalk Origins 11

How the idea began.

Imprint 12

Soberwalk

The Soberwalk is a simple practice for movement, awareness and change.

It creates distance from familiar routines, gets the body moving and brings your attention to the present moment.

Your thoughts begin to move as well. Perspectives start to shift.

A Soberwalk can be done alone or together with others. Its format is intentionally open. Many people experience periods of overthinking, uncertainty or feeling stuck.

A Soberwalk offers a simple first step.

Step out of the loop of thoughts. Step into movement. A walk can become a new ritual.

A Soberwalk begins with one simple decision: start walking.



Soberwalk Alone

A Soberwalk alone is the simplest form of a Soberwalk. No planning. No appointment. No preparation.

It can begin anytime, without notice. Before work. After a conversation. At the end of a long day. Or at the very moment you feel the need to head in a new direction.

Thoughts about old habits may still be present, but they begin to take on a new context. The first step can be simple and intentional. Some people count their steps. Others focus on their breathing.

Others quietly hum a melody, interrupting the flow of their thoughts. Some follow the rhythm of their steps or simply listen to the sounds around them.

After a few minutes, something begins to change. Your attention follows your movement more than your thoughts, and your perspective starts to widen.

A walk becomes a Soberwalk.



Soberwalk Together

A Soberwalk together begins with a simple arrangement. A place. A time. Two or more people ready to start walking.

Walking together changes the way we experience the moment. Your attention remains with yourself, while at the same time a connection grows with the people sharing the same path.

A Soberwalk with others needs no special preparation. There is no fixed pace and no prescribed format. You walk side by side, start a conversation or simply share a moment of silence.

In this openness, something unique begins to emerge. A shared experience develops naturally, without expectation. Everyone remains true to themselves while moving in the same rhythm.

The path becomes a shared space.

You can join a Soberwalk. Or take the first step and start one yourself.

Soberwalk Rituals

Many habits begin almost unnoticed.

A familiar route home. A certain time in the evening. Recurring thoughts. Recurring decisions.

Over time, and as they take on meaning, they become rituals.

A Soberwalk begins at the same point. It doesn't replace everything at once. It creates a new anchor in everyday life.

A walk becomes a regular moment in the day or the week. The steps repeat themselves. Your attention returns. Individual walks become a rhythm of their own.

Some Soberwalks take place regularly. Others happen spontaneously. Both follow the same principle.

What returns becomes familiar. What becomes familiar finds its place in everyday life.

This is how new rituals begin.

Soberwalk Starting

A Soberwalk can begin with two people. Or with a small group. Nothing more is needed.

Many people enter this space with caution at first. Not every story is shared. Not every question is asked. Not everyone wants to be seen.

Walking together creates a simple framework for this.

You walk together for a while. You talk. Or remain silent. Some encounters last only for that one walk. Others continue. Over time, trust grows through shared steps.

The format can take many forms. A personal invitation. A small group. A post on social media. A shared hashtag. Visibility is always a choice.

A Soberwalk asks nothing of you. Yet sometimes it becomes more than a walk together.

Soberwalk Community

The official Soberwalk.

**First Sunday every month,
11.00 a.m.**

A Soberwalk can take place alone, with one other person or as a group.

Every Soberwalk takes shape in its own way.

Open.

Free.

Respectful.

Space for conversation.

Space for silence.

Connected by the same idea and the decision to start walking.

Share your Soberwalk on Instagram using
#soberwalk or #soberwalkyourcity
for example #soberwalkhamburg

Soberwalk Origins

The idea of the Soberwalk did not emerge on a single day.

It grew out of many years of exploring alcohol, habits, family, awareness and change. Observations accumulated. Conversations followed. Walks played a special role. They created space for new thoughts and new perspectives.

From these experiences came the Roadbook and later the Progressbook – two projects exploring change, awareness and new directions.

Over time, another observation emerged: a walk changes when it is given a new context. The route stays the same. Its meaning changes.

From this idea, the Soberwalk evolved. Shared walks grew out of shared encounters.

A single step can become a journey.

Imprint

Special editions for institutions (counselling services, libraries, hospitals and treatment centres) are available on request.

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SOBERWALK EXPERIENCES

Observations, conversations and impressions from the Soberwalks.

Many people join a Soberwalk for the first time with a certain sense of uncertainty. They don't know anyone. What can they expect?

After the first few minutes, that usually no longer matters. Walking together becomes part of getting to know one another.

Some Soberwalks are filled with conversation. Others include longer moments of silence. Both are welcome.

For some people, new connections emerge. Others discover new ideas. And for some, it is simply the feeling of being part of a respectful community.

The Soberwalk is part of the Besser Nüchtern project, together with the Roadbook, the Progressbook and further formats.

