

# Some hints to help your *Addiction Recovery*



When you are in recovery:

1. Above all, do *not* drink alcohol or use drugs.
2. Meet with your sponsor regularly, and call him if you feel like using or taking a drink.
3. Realize that the *only* thing you can control is *your response* to the world around you.
4. Have a pre-thought-out plan for what to do to avoid drinking or using when you get a craving.
5. Think a craving through... the problems using or drinking causes... the bad feelings afterwards... the consequences.
6. Make a list of 100 things to do before taking a drink or using.
7. Focus on a positive future of being clean and sober... it will come.
8. Do not allow yourself to become too Hungry, too Angry, too Lonely, or too Tired.
9. Avoid the people, places and things you frequented when using.
10. Talk with your friends and family to help support your sobriety.
11. Seek comfort in your spiritual beliefs and Higher Power.
12. Get good regular restful sleep.
13. Regularly attend AA or NA meetings, and more often as needed.
14. Find a clean and healthy activity to look forward to.
15. Exercise is a good stress reliever. (you may have to check with your doctor first)
16. Remember... Just keep coming back.

Helpful websites:

<http://www.alcoholics-anonymous.org/>

<http://www.na.org/>

<http://www.ca.org/>