

EXAMPLE SOBRIETY BLUEPRINT

1. THE FOUR CORNERSTONES

Self-Reflection:

- Bad, unhealthy friends have ALWAYS been my downfall—peer pressure when I was younger. Only make friends with successful, happy people.
- Write out my daily gratitude list, and any triggers or negative feelings I frequently experience.
- Introspection led to the discovery that the car accident, and Percocet prescription when I was 19 was a big contributor to my addiction.
- I have also learned that the friends I had in high school were one of the main reasons I liked the 'partying' lifestyle so much. This seems why the Percocet prescription transformed so easily into something negative.

Diet & Exercise:

- Start caring more about my health. Buy natural & organic foods at the grocery store and when eating out at restaurants. No more fast food and soda.
- Buy a gym membership. Start exercising 3x a week.

Spirituality:

- Begin my search for God and discovering the absolute truth of the universe. Start to pray consistently every morning and every night. I need to work extra hard to keep my spirituality fresh because it's all new to me.

New Friends & Hobbies:

- Get a new phone number and erase all my old contacts. Stop talking to all of my old friends and acquaintances. Hanging out with these people have caused me to slip-up in the past.
- Boredom and downtime have always been my biggest enemy. I need to learn how to keep busy. Think of some new hobbies that can give me the adrenaline rush that drugs used to give me. Something healthy and gratifying.