

# INSTRUCTIONS FOR CREATING A PERSONALIZED SOBRIETY BLUEPRINT

STEP

1

The first thing to do is write out **The Four Cornerstones** and then detail each one as a bulleted list (Self-Reflection, Diet & Exercise, Spirituality and New Friends and Hobbies). Think about how each one will fit into your life and how you will incorporate them into your everyday recovery. Refer to the example *Sobriety Blueprint* for correct structure and arrangement. This is the bedrock of the plan and helps you to properly focus your time and energy.

STEP

2

Make a **Gratitude List** of all your blessings and the particular things that you're thankful for in your life. Anything and everything, no matter how (seemingly) insignificant, should be listed. Ex. waking up clean and sober, no felony convictions, valid driver's license, still married, etc.

STEP

3

Make a list of specific, **personal triggers** that have caused relapse or slips for you in the past. Use *The Ultimate List of Relapse Triggers* from Chapter 3 to identify the ones that are currently affecting you or have sabotaged your sobriety before. This is also a critical step in setting up a *Relapse Defense Plan*.

STEP

4

List any **negative behaviors, thoughts, or actions** frequently occurring throughout the course of the day that worries you. For instance, you could write down specific things that have caused a relapse or slip-up in past, or something that troubles you presently. Being mindful and aware at all times is a big part of the day-to-day struggles of sobriety and the prevention of relapse. Ex. uncontrollable lying, anger, manipulation, not going to enough 12-step meetings, talking to old alcoholic friends, etc.

STEP

5

Figure out who your **accountability partner** or **sponsor** is going to be. Write out their name and put **CALL EVERY DAY** next to it in all caps. Detail your arrangement with them. Ex. For the first year, I will call Greg every day to check in, and call him every time I experience a craving, urge or trigger, etc.

STEP

6

Set some **life & recovery goals**. Choose meaningful ones that will take a great deal of effort and determination to accomplish. This gives you something to look forward to every day while simultaneously combating any feelings of boredom or stagnation. Ex. new career, traveling, buying a house, going to 12-step meetings 5x a week, etc.

STEP

7

Create a **NO List**. Add some concrete, unavoidable places, people, and things that you should avoid if you want to maintain healthy, lifelong sobriety. Think of some examples that you know are troubling and dangerous. Ex. No bars, clubs or concerts, no boyfriend/girlfriend in early recovery, no dabbling or doing it just once, etc.