

THE ROADMAP TO LASTING SOBRIETY

FIND THE DESIRE FOR A NEW LIFE



1

SELF-REFLECTION

Figure out WHY you started using or WHY you continue relapsing. Ex: Are you self-medicating or do you enjoy pain and misery?



3

NEW FRIENDS & HOBBIES

Find ALL new friends and choose one new healthy hobby to do. Do not spend time with ANY old friends if you want to stay sober.



5

ATTEND 12-STEP MEETINGS

Try to attend 1x daily for the first few months of sobriety.



7

FULLY ALIVE

Use 'Fully Alive' as a criterion for creating a personalized *Sobriety Blueprint*. Keep it with you wherever you go for first year.



9

IF YOU STILL CONTINUE TO RELAPSE:



Seek professional help (rehab, counselor, psychiatrist, etc.) to figure out why you continue to relapse, then adjust your *Sobriety Blueprint* and begin the recovery process again.



Use the Self-Reflection techniques in Chapter 3 to help identify the reason(s) for frequent relapses. Then make necessary changes to your personal *Sobriety Blueprint*.

DETOX OR REHAB



2

SPIRITUALITY PLAN

This can include meditation, prayer, daily gratitude lists, church, etc.



4

DIET & EXERCISE

Begin by exercising 3x a week and buying healthy foods. You can start slowly by walking, jogging, etc.



6

FIND A SPONSOR OR ACCOUNTABILITY PARTNER

Someone you trust and feel comfortable talking about your sobriety with on a daily basis.



8

DAILY BASIS

Do something productive for your recovery every day.



10

FOLLOW THESE STEPS & EXPERIENCE REAL FREEDOM!

SEE EXAMPLE SOBRIETY BLUEPRINT IN CHAPTER 13

For in-depth strategies on Relapse Defense and realistic ways to bolster your newfound sobriety, check out 'The Sobriety Fortifier': www.fullyaliveactionguide.com/fortifier

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