

# EXAMPLE SOBRIETY BLUEPRINT

## 1. THE FOUR CORNERSTONES

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### 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.

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## 2. MY GRATITUDE/BLESSINGS LIST

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- I have now been totally sober for 83 days.
- My family is speaking to me again.
- My old boss gave me my job back.
- I feel energized and my mind is clear for the first time in years.
- When I wake up, I feel happy now.
- I laugh a lot more now.
- I escaped addiction with no legal issues.

## 3. PERSONAL TRIGGERS LIST

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- Music I listened to during active addiction.
- Watching TV, in general, is a bad trigger and habit for me.
- Weddings and other celebrations are dangerous for me.
- Being in the same apartment and living in the same city.
- Boredom is my biggest trigger. It has caused relapse before, so I need to always be aware of it. Hanging out or even being around people that are drunk or high gives me anxiety.
- I need to learn how to deal with bad days in a healthy way. Bad days and bad news often cause me to slip-up.
- Anger, loneliness, depression, and overconfidence are emotions that have caused me to relapse in the past. BE MINDFUL OF THEM AT ALL TIMES.

## 4. NEGATIVE LIST (BEHAVIORS, ACTIONS & THOUGHTS)

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- Uncontrollable anger and other negative emotions that could lead to bad decisions like boredom, loneliness, depression, overconfidence, and stress.
- Hanging out with addict and alcoholic friends.
- Going to nightclubs, bars, concerts, house parties or any places with alcohol & drugs.
- Being around negative people with no goals or ambition.
- Letting stress and boredom control me.

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- Thinking I can smoke weed or have just one drink. Ruins my sobriety every time.
- Getting into any kind of relationship (hookup or serious). I need to learn to love being single and figure out who I am as a person again.
- Not attending enough 12-step meetings. I set a goal with my accountability partner that I would go to 4x a week.
- Driving around or through the areas of town that I would buy drugs or hang out and party. It brings up feelings of uneasiness and anxiety.
- NOT DOING SOMETHING PRODUCTIVE FOR MY RECOVERY EVERY DAY.

## 5. ACCOUNTABILITY PARTNER

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- I chose Dale Gringle as my accountability partner.
- He has been sober for 10 years. He uses exercise and his job as an intake counselor for a local rehab to maintain his sobriety.
- I am to call or text him at least ONCE a day to check in and talk about anything bothering me.
- I will call him every time I go anywhere alone during the first year of sobriety.

## 6. LIFE & RECOVERY GOALS- 1-5 YEARS

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- Get a new car.
- Start my own business.
- Improve my credit score.
- Save down payment money for a home (I am sick of this apartment!).
- Go to 12-step meetings-4x a week.
- Only make friends with successful, happy people.
- Start studying and learning real estate investing.

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## 7. THE NO LIST

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- No drinking alcohol or smoking weed for the next 5 years.
- No girlfriends or random hookups for one year.
- I will not go to any bars (even for sports) or clubs until I establish a strong recovery foundation.
- No more road rage or cussing/anger.
- No contact with old friends/acquaintances.
- No more lying or manipulation.