

# TIPS FOR SURVIVING THE VOLATILE FIRST YEAR OF SOBRIETY



STAY AWAY FROM OLD FRIENDS AND OLD PLACES

FIND SOMETHING HEALTHY TO BECOME PASSIONATE ABOUT



MAKE A DAILY SCHEDULE AND KEEP IT

EXERCISE REGULARLY, STAY ACTIVE & EAT HEALTHY



NO NEW RELATIONSHIPS OR SEX



CHANGE YOUR PHONE NUMBER



AVOID THE SAME T.V., MOVIES OR MUSIC—CHANGE IT UP!

12-STEP MEETINGS 3X-5X A WEEK



TAKE PLEASURE IN THE SIMPLE THINGS AGAIN (COOKING, LAUNDRY, PAYING BILLS, ETC.)



ALWAYS BE ON THE LOOKOUT FOR OLD ADDICTIVE BEHAVIORS & THOUGHTS – AVOID THEM AT ALL COSTS!



FIND AN ACCOUNTABILITY PARTNER



DO NOT LET A SLIP-UP SNOWBALL BACK INTO ACTIVE ADDICTION



STAY BUSY ALL THE TIME – DO NOT LET YOURSELF BECOME BORED



GEOGRAPHICAL / LOCATION CHANGES (MOVE SOMEWHERE NEW & START FRESH!)