

Getting sober isn't easy. Staying sober can be just as hard.

The beginning of sobriety is about fighting cravings, getting through life's challenges without the crutch of alcohol or drugs, and creating a new "normal".

This pocket guide is your secret tool to keeping things on even keel when life gets tough.

When you feel the temptation, just take a few quiet moments to breathe and follow these tips.



**Manhattan Marriage and
Family Therapy, PLLC**

6 East 39th St, Suite 503
New York, NY 10016

917-510-6422

info@ManhattanMFT.com
www.ManhattanMFT.com

Sign up for mailing list:

<http://eepurl.com/biBt7z>



@ManhattanMFT

12 Tips For Sober Survival

Pocket Guide



12 Surviving Sobriety Tips

1. Remember why you're doing this.

Sobriety isn't because I *have to*. It's because I know I am my best self when I am not under the power of addiction.

2. Put First Things First. Sobriety always comes first. Without exceptions.

3. H.A.L.T: Are you hungry, angry, lonely or tired? Don't risk a slip—take care of yourself.

4. Take your time. If the craving strikes, give yourself a time-out before you pick up. Set a timer for 15 minutes and use that time to make sobriety calls, read, meditate, and use other tools.

5. Where's the fun in this? It might take a while to find sober ways to have fun. Look for small joys in everyday life and small new activities.

6. Be of service to others! Giving to others allows us to feel purpose and pride, and helps us rebuild our sense of self.

7. Spend time with sober people. Sober friends 'get' what you are going through and will keep you on track.

8. Act yourself into a better state of mind. When things feel wonky, suit up and show up for life in the best way you can—your feelings will change as a result.

www.ManhattanMFT.com

9. Develop plans for high-risk situations High-risk situations are unavoidable. Have a list of things you can do in those times.

10. Take care of your insides. Get plenty of sleep, eat healthy foods and exercise regularly. The impact on mood and energy level is huge.

11. Develop new lifestyle patterns. Old patterns will lead to old behaviors. Find new things to do during high risk times.

12. Have a support system. Family, friends, sponsor, professor, boss, AA community, therapist—all these people can support you if you let them.