

Stop Drinking Tip Sheet

1. Discover a recovery plan to help in the earliest days. Whatever plan you follow, simply letting yourself learn about living sober and surrounding yourself with sober individuals may be a huge help.
2. Make a resource list. Write up a list of individuals who you are able to phone when you need somebody to talk to, supporting or simply a diversion from your previous ways.
3. Seek a great therapist or counselor if you believe it will help.
4. Go through the bookshop and stock up on some great sober books for inspiration.
5. Execute an emotional inventory and record how you're feeling every day.
6. Discover a fresh hobby, activity or anything that will keep you out of the lounge scene, you'll be astonished at how many things there are to do rather than sit at a lounge!
7. Discover another individual in recovery and chum up with them for support.
8. Diary, journal, diary. I can't stress how much this aids in early sobriety. I used to Author 15 pages daily, simply streaming things out.
9. Pick up a paintbrush and be creative. Painting out your emotions is energizing.
10. Forgive yourself for the past times. It's departed, over and you are able to only move ahead at this point.
11. Discover some IM buddies from a sober web site or group and use them as resources.
12. Put down all the stuff you are able to accomplish now that you're sober. Pick one weekly and accomplish it.

13. Eat well, work out and watch your sugar during the earlier part of sobriety.

14. Lastly, be easy on yourself. It's a long procedure, one that's perpetually evolving and shifting. It's worth it.