
10 STRATEGIES FOR EARLY SOBRIETY

1. Implement daily practices of prayer and devotions. Read a devotional in the morning upon awakening to keep your mind on what is good and positive in life. Focus on the things you can control each day like your attitude. You can choose to remain positive regardless of the present circumstances.
2. Proper self-care is more important now than ever before. Go to bed at the same time each night and get seven to eight hours of sleep each night. Eat healthy meals and limit your caffeine and sugar intake. Drink a lot of water to replenish your body.
3. Get out in nature. We need to be intentional each day about spending time outside and enjoying the beauty of nature.
4. Be mindful about putting your problems into perspective. We often over-react to situations in life. Make it a practice to check in with yourself about whether or not you are over-reacting.
5. We can get into a pattern of self-pity which is very destructive. Choose to do at least one thing per day to reach your goals and practice being grateful for what you have in life.
6. Watch your self-talk. Telling yourself negative messages only make matters worse. Choose to be positive and believe the best is yet to come.
7. When you don't feel like doing something, DO IT ANYWAY! If you wait until you feel like going to a meeting or getting a sponsor, it will likely never happen. Choose to take positive steps especially when you don't feel like doing it.
8. See this period as a "transition time." You are choosing to change the way you live by not drinking but becoming addicted didn't happen overnight and creating a new life free from addiction isn't going to happen overnight either.
9. Add good things to your life. Create a list of things you've always wanted to try but haven't done it yet. Then set out to do at least one thing per day. You can go rock climbing, play racquetball, take tennis lessons, try pottery, give fishing a try, etc.
10. Recognize the power of the brain. What we think determines how we act and how we act determines how we see ourselves. Practice positive self-talk. Practice acting the way you want to feel until you can feel the way you are acting.

