

10 TIPS

FOR GETTING SOBER

- 1 Be proactive to change, not reactive.
- 2 Forgive yourself Addiction causes deep regret but healing is possible.
- 3 Reduce involvement in toxic relationships, you know who these people are!
- 4 Make an honest attempt to reconnect with those who matter - your parents, children, loved ones and friends.
- 5 Know that the one who is responsible for getting you sober is YOU!
- 6 There is no one size-fits-all approach, do what works for you and if you find something doesn't work, move on and try something else.
- 7 Be forgiving of others the same way that you expect forgiveness.
- 8 Quit feeling sorry for yourself - do something to evoke positive change.
- 9 Remember that tomorrow is a new day, so if today isn't perfect, there's another shot at it tomorrow.
- 10 Stay busy, people with too much time on their hands have a great risk of using.

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