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 those 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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A Loxley

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