

## 23 Tools to Stay Sober

1. Attend as many AA meetings as possible AND participate.
2. Get a Sponsor and work the steps.
3. When tempted, think the drink through and remind yourself WHY you stopped.
4. Practice Gratitude first thing in the morning and last thing at night.
5. Take care of your body, eat right, sleep right, exercise, and drink lots of water.
6. Watch videos about the devastating effects of alcohol and listen to podcasts focused on sobriety.
7. Reach out to others in need with a text, email, voice message.
8. Get a sobriety app to track your days sober and dollars saved.
9. Embrace the cold, shut off the hot water.
10. Become an active part of a community - online or in person - and remember that the difference between Wellness and Illness is WE, not I.
11. Have a way out – Always have a way to leave if you start feeling uncomfortable.
12. Accountability – Bring a sober friend or check-in before and after the event.
13. Keep a cup in your hand.
14. Lower your expectations of everyone at the event.
15. Don't take anyone's actions personally.
16. You may even tell them you will not be drinking tonight and for sure ask them to put you on a pot of coffee.
17. If you start getting antsy, start cleaning up, play with the kids, or go for a walk.
18. Have a time limit for how long you are staying.
19. It is time to leave when I hear the same story for a second time and at a higher decibel.
20. Prepare for the event – take a nap, have a snack, go to an online meeting –be emotionally, spiritually, and physically ready, or reconsider attending.
21. HALT – Take action when you are Hungry, Angry, Lonely, or Tired.
22. Take advantage of one or more of the many service opportunities during the holidays.
23. Attend an online meeting at any moment before, during, or after the event and pray for each square until the craving passes.