

## 30 Tools to Stay Sober Before, During, and After the Holidays

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 recovery 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 when you are attending a party or a family function.
14. Lower your expectations of everyone at the event.
15. No one at the event will be more disappointed if you drink than you.
16. Don't take anyone's actions personally.
17. You may even tell them you will not be drinking tonight and for sure ask them to put you on a pot of coffee.
18. If you start getting antsy, start cleaning up, play with the kids, go for a walk, call your sponsor or a friend in recovery.
19. Have a time limit for how long you are staying.
20. It is time to leave when I hear the same story for a second time and at a higher decibel.
21. Prepare for the event – take a nap, have a snack, go to an online meeting –be emotionally, spiritually, and physically ready, or reconsider attending.
22. HALT – Take action when you are Hungry, Angry, Lonely, or Tired.
23. Take advantage of one or more of the many service opportunities during the holidays.
24. Attend an online meeting at any moment before, during, or after the event and pray for each person attending until the craving passes.
25. Always know when and where your next AA meeting will be before you leave the current meeting and have a backup meeting just in case you need it.
26. Tell the bartenders that you are not drinking alcohol tonight.
27. Don't do anything out of obligation. We always have a choice.
28. Feelings or thoughts are not facts. They have no value unless we give them value.
29. "No thank you" is a complete sentence.
30. The holiday is no different than any other day.