

List of Practical Good Living Tips until We get Through the Steps

CAUTION – YOU MUST READ AND IMPLIMENT THESE THINGS IN ORDER FOR THEM TO WORK!

1. Weddings/Parties/ Deaths/Dinners/Business events/Superbowl

- Don't go if you're not comfortable
- **Pray before you go / Pray if you don't go / Pray if you turn around and go home**
- Take phone #'s with you - also hard candy can be helpful
- Tell someone (sponsor or confidant) what you're doing
- Arrive late, leave early – Have a safe way to and from the event – drive yourself if necessary
- Stand by the door and greet people as they come in - script some questions
- Go with another alcoholic (with more time than you if possible)
- Make your own drink and keep it in your hand
- Know what you are going to say if you are offered a drink
- Talk about the event at the meetings you attend regularly before making your decision
- Not everyone drinks at these events – look for those who **don't**

2. Anger/Rage/Resentment

- Pray
- Talk about it to everyone that will listen
- Understand that you're not the only one
- It's **okay** to be angry - it's **NOT** okay to act it out - it's **NOT** okay to stuff it!!
- Being sober is more important than being right!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
- **CALL, CALL and CALL!!!**
- Drink less than 4 cups of coffee per meeting (**STARBUCKS IS A 2 CUP LIMIT!!**)
- Do something physically active (no punching or kicking unless it's a heavy bag!)
- Help someone who needs it
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3. Anxiety and Depression

- Pray, even if you do not believe it will work This too shall pass....
- **You never have to be alone in AA. Do not isolate!**
- Avoid being **hungry, angry, lonely and tired**
- It's the normal state of a sober alcoholic to be depressed without booze!
- Tell someone how you feel. *It's okay to feel that way.* It's not going to be forever
- Work with another alcoholic

4. Fear or Panic

- **Prayer – Deep Breaths – YOU ARE NOT THE ONLY ONE !!!!** Do not isolate!
- *Fear is the absence of faith. This feeling will not last forever*
- Tell someone about the fear. Walk through the fear with the people in the fellowship
- Work with someone who is worse off than you - there are lots of people to work with
- Get outside help if you need it – no medications unless determined by 2 professionals
- **When you talk to someone about panic attacks, it takes away it's power**

5. Get a Sponsor. A Sponsor is someone who:

- Has worked the steps and can show you the way to work them
- Shares experiences, not advice. Remember – **Trust is Earned by peoples' actions!**
- Shares the Big Book with you and talks about the program of recovery
- Shares prayer. That's usually a good sign!