

Ten Tips for a Sober Holiday Season

1. Decide NOW that you will get through the rest of the Holiday season completely sober.
2. Know that it's ok to say your in recovery. Being open and honest will discourage people from trying to pressure you into using drugs or having just one drink.
3. Bring along your own NON-alcoholic drinks. This will ensure you have something to drink if needed.
4. Choose holiday parties or activities you KNOW will NOT focus on drugs or alcohol. Don't put yourself in situations that are risky.
5. Use your integrity. Know what is right and wrong, if you think a situation isn't a safe environment for your sobriety leave immediately.
6. BE COMPLETELY ABSTINENT. As soon as you have that first drink, your perception and inhibitions are lowered.
7. Bring a sober friend with you to all of your holiday activities. Help each other stay in check when things get tough.
8. Hang out with your family. It is a perfect time to make up for past holiday experiences.
9. Practice diplomacy. Everyone has family members they don't always get along with. Talk about safe topics that will not provoke any arguments.
10. Use this holiday season as a way to celebrate your sobriety. Doing so will ensure you begin 2020 with your first New Year's resolution intact!

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