

R.E.C.O.V.E.R.Y.

By Dennis C. Daley, PhD (www.drdeniscdaley.com)

- R: Reconnect** with positive influences in your life to create a support system. Support systems are the foundation to getting & staying sober, managing a psychiatric illness and changing your life for the better. Healthy social support is associated with improvements in medical, psychiatric or addictive disorders.
- E: Engage** others in your recovery network. Recovery is a “WE” process. Step 1 states “We admitted. . .” Include members of 12-Step programs, family, friends and confidants whom you trust in your recovery network.
- C: Change** your thinking about letting others help and support you. Do not believe that you have to solve problems alone or it means you are weak if you ask others for help or support.
- O: Open up** and share your problems and struggles with others. Share your progress and triumphs in recovery no matter how small.
- V: Value** the experience of others in AA, NA, DRA and learn from them. They have been through what you have experienced, have stayed sober and changed their lives in many positive ways.
- E: Enlist** the help of a Sponsor in AA, NA or DRA. Those who are “active” in 12-Step programs and use these “tools,” do better.
- R: Reach out** to others for help and support. Ask, ask, ask for help and support. Others cannot read your mind!
- Y: You can** recover with the help and support of others. Do not try to recover alone. Stay connected with others active in recovery and family and friends who care about you and support you.

S.O.B.R.I.E.T.Y.

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- S: Stick** with your recovery plan even when you do not feel like doing so. Dips in motivation are common, especially in the early stage of recovery. Anyone can recover when they are highly motivated. The challenge is sticking with your plan when you are sure you want to.
- O: Open** yourself up to new experiences to replace the time you spent using alcohol or drugs or partying. Find new hobbies and leisure interests that do not evolve around using or people who get high.
- B: Be** vigilant about people, places, things and events. Avoid high risk people and situation in early recovery. Learn to say no to offers to use alcohol or drugs. As AA/NA say “stick with the winners” (those in who work a good program and are committed to sobriety and change).
- R: Responsibility** for recovery lies with you. Others can help and support you, but you must do the work of recovery.
- I: Involve** others and a Higher Power in your recovery. Avoid doing things on your own. Share your thoughts, feelings, problems, struggles and successes with others.
- E: Engage** the help of a Sponsor in AA, NA or DRA; those who are “active” in 12-Step programs and use these “tools,” do better than those who only attend meetings.
- T: Take** recovery slow. Recovery one day at a time or even an hour at a time if needed. You cannot hurry recovery or take short cuts.
- Y: You** can change your life by engaging in recovery and following your plan to stay sober and change. Think about the benefits you will experience over time if you get and stay sober, and make changes in yourself and your lifestyle.