

## Ten Things to do To Not Drink, Just for Today

1. **Write Gratitudes!** Five per day and different each day. They will not come easily at first, but it is the beginning of positivity and hope in our life. End each gratitude with "because it makes me feel \_\_\_\_\_" (and identify the good feeling! ) Some examples might be happy, joyous, safe, secure, honest, loving, and so forth.
2. **Drink lots of fluids!** Water, juice, and more water. Begin by never going anywhere without water in your bottle. That's right—water can help take the place of what your elbow did each time we raised it to take a sip from your drink.
3. **Eat lots of chocolate.** Don't worry about gaining weight right now. We're concerned with saving your life. Big Difference.
4. **Wear a rubberband around your wrist.** Every time you have a thought about drinking snap that rubberband and get into action DOING something!
5. Remember ***this too shall pass***. Everything passes. We don't have to ACT on it, we can watch it go by.
6. **Stay busy.** Try to do the Next Right Thing. What is that? Whatever in the world will keep you sober. Cleaning house, washing the car, helping someone else, getting to a meeting, picking up the telephone and calling a friend in and out of recovery.
7. **Hit Your Knees in Prayer.** Learning to hit your knees is a sincere act of humility, something none of us has had in a long time. When you get up in the morning, ask some higher power to help keep you sober just for the rest of this day. Before you go to bed at night, thank some higher power for keeping you sober just for the rest of that day.

8. **Keep our thinking small:** Staying inside of your imaginary Hulu-Hoop is a way we keep our world small and our thinking smaller. We try not to concern ourselves with tomorrow, yesterday or the “what if’s” of a week for today. We are only breathing in our today's.
9. **H.A.L.T.** (Hungry, Angry, Lonely and Tired). These four emotions are HOT buttons for our sobriety. Early sobriety demands we eat when we're hungry. Putting ourselves on a regimented routine of breakfast, lunch and dinner makes it easy for us to remember to eat which keeps our body nourished, something we didn't do when we were out-there.

*ANGRY*—this hot button begs for our attention more than we paid attention to. When we're angry, we learn one day at a time let it ride. We are learning integrity now and must reign in our anger and substitute it with tolerance.

*LONELY:* of these, loneliness is by far the most dangerous. Loneliness was the excuse we need to “Pour Me” another drink. When we're lonely, our choices are to get with other sober people, get into service work, find a hobby, call another sober person, or sit in prayer or meditation. Anything that takes us up and out of our loneliness is important.

*TIRED:* This one speaks for itself. During early sobriety we experience a “system crash” as our body rejuvenates itself by sleeping. We may find ourself much sleepier than usual and it is because our body is taking care of itself, repairing itself by gaining sleep.

10. **MEETING MAKERS MAKE IT.** What does this mean? It means that for most of us, sitting in meetings is where people like us go to learn how to live with others clean and sober, one day at a time. It means we learn to become comfortable in our own skin

Whatever the situation, we learn to not drink just for the rest of the day. Sometimes we don't drink for minutes at a time and then we begin all over again. Our hope comes when we wake up the next morning to find we stayed sober and we begin and do what we did yesterday, beginning with hitting our knees. From this act of humility comes the next right thing.

This hope represents the beginning of a lifetime of miracles in recovery that will be ours each day we remain sober. Just for the rest of today!