

# TIPS FOR A SOBER HOLIDAY

November 14, 2021

## IDEAS

Always drive your own car so you can leave a situation when you need to.

Take phone numbers with you to all gatherings – and use them.

Hold a glass (make sure it is easily identifiable as your glass) with water or pop in it.

Excuse yourself and go to the restroom if a situation gets uncomfortable.

Say the Serenity Prayer often.

Talk with your sponsor or supports every day – or more than once a day.

Other:

What are 3 things you can do every day to support your sobriety?

List the names and phone numbers of 5 people you can call if you are in an uncomfortable social situation:

List the names and phone numbers of 3 people you know you can call at any time of the day or night:

List 3 things you can do every day that support your physical health:

List 3 things you can do every day that support your mental health:

List 3 things you can do every day that support your spiritual health:

What are 3 challenges you anticipate over the holidays? Have you scheduled a time to discuss these with your sponsor?

What are 3 ways you can be of service to others over the holidays?

What are 3 things you enjoy doing outside of the planned holiday parties?

What are 3 signs you are indulging in “stinking thinking?”

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