



[www.QuitAlcohol.com](http://www.QuitAlcohol.com)

## **A Guide to Getting Sober**

Getting sober is easy for many, with the difficult part being able to maintain their sobriety. If you are ready to start sober living it is important to prepare yourself for the mental and emotional journey as well as the physical changes you may experience.

Regardless to how long you have been drinking, how severe your alcohol problem is or the effects it has had on your health and life, it is possible to meet your goal of lifelong sobriety. Your addiction to alcohol did not happen overnight and your sobriety will not either. You will need to have willpower and devote your life to maintain your sobriety.

### **Taking the First Step on the Road to Recovery**

Congratulations, you have taken the first step on the road to recovery. You have admitted you have a problem and are seeking out help for it. You have announced to the world that you want to get sober and have stopped drinking. This is a step in the direction for lifelong sobriety. This is the easy part. It is time to prepare yourself for a lifetime of maintenance and healthy living choices. While it's hard work just envision the payoff of living a happy, healthy and sober life.

## **Turning Negativity into Positivity**

Years of drinking have had negative consequences on your life as well as the lives of those around you. You may have suffered physical effects of drinking, your mental and emotional state too may be affected. You may have been covering up the negativity in your life with alcohol, in return causing more and more negative effects on your life.

From this point on turn those negative thoughts and effects of alcohol into positivity with your new found sobriety. Looking at your life in a positive light is important, not as just what has happened to you negatively. Close your eyes and think of how great your life is and will be with lifelong sobriety and begin living your amends with your sobriety. Thinking, acting and being positive throughout your life will help you in achieving your goal of sobriety and living a happy, healthy and more fulfilling life once again.

Tell yourself each day positive thoughts such as;

“I will get sober”

“I will stay sober”

“I will not fail and nothing will stop me in achieving my sobriety”

## **Ask For Help**

There is no shame in asking for help. For some getting sober on your own is possible but for others it can be more difficult, maybe looked at as impossible. Regardless to your situation it is important to know there are many different resources you can choose for support in achieving your goal in sobriety.

## **Inpatient Treatment**

Many with severe alcohol abuse problems will require a treatment center to reach their goal of initial sobriety. Entering into a treatment center will help you work through all aspects of your addiction. You will have a safe, secure and therapeutic environment with supportive care of chemical dependency specialists. Most importantly you will learn key life skills needed to maintain your sobriety in the real world.

## **Outpatient Treatment**

An outpatient treatment facility will provide you with similar treatment as an inpatient program but you will be able to go to the treatment facility for a set amount of time each day or week while living at home and meeting obligations you may have. An outpatient treatment program will allow you to work through all aspects of your addiction with the support of Doctors and staff trained in chemical dependencies.

## **Support Groups**

Joining a support group such as AA will help you in maintaining your sobriety. You will find a sponsor who will be there for you to help you keep on the road to sobriety, offering words of encouragement and support needed. You will be able to share your story, work through your addiction with the help of others who too have been there, as well as help others in need.

## **Lifestyle Change**

Of course when getting sober it is expected that you will have to make a lifestyle change. This does not mean quit your job, ignore old friends and family but to

focus on those that support your sobriety and during the beginning stages of your sobriety to avoid those who encourage alcohol use.

It is important to stop spending time with old drinking buddies and to avoid the establishments, bars and taverns, where you spent most of your life consuming alcohol. Instead start spending time with those who encourage your sobriety and doing activities that keep your mind off alcohol and on your overall goal of sobriety.

## **Take It One Day at a Time**

**No one ever said sobriety was easy.**

Throughout your life you are going to be faced with temptation. The way you handle this temptation will determine your future. You can achieve your goal of sober living, stay focused and take it one day at a time.