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Staying Sober Workbook

Staying Sober Without God. This workbook was created with the author's permission in order to provide a format for working the Practical Steps and is meant to be used in conjunction with the book. 2019 Munn, J. (2019). Staying sober without God: The practical 12 steps to long-term recovery from alcoholism and addictions. Publisher: Author

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Your intentions may be good, but it takes more than willpower to avoid having a relapse. Some say the best advice for newcomers to recovery on how to stay sober is simple: "Don't drink or use and go to meetings." If that formula works for you, then by all means, do it.

How to Stay Sober: 12 Tips for Your Recovery

1. Have you set goals related to staying clean? What will staying clean allow you to accomplish? 2. Assess your alcohol and/or substance abuse practices: a) what stimuli set you off? (money,

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people, paraphernalia, etc.) b) who in your work/home/social environments use alcohol and/or drugs?

ASI-MV Worksheets & Handouts

This workbook is a detailed and easy-to-use guide to building a personal relapse prevention plan. Built around proven clinical exercises, it guides the client through a step-by-step process of creating a relapse prevention plan. Designed to be a tool for recovery, each exercise gives a...

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It can all be overwhelming for someone who is newly sober and just trying to get through one day at a time. My Life in Recovery is a 12-session continuing care workbook that guides readers through developing a complete, personalized plan for staying sober, avoiding relapse, and living in recovery.

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Staying sober after addiction treatment. Recovery is a lifelong process, and staying substance-free can be challenging. Adjusting your mindset after addiction isn't easy. You may find yourself in situations that make you want to use alcohol or drugs again.

Staying Sober: Living Clean After Drug and Alcohol Addiction

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