Dealing with Holiday Triggers

Remember “How Bad it Was…” before you got sober, but don’t dwell on it

Skip the “old” parties and gatherings

Stay away from old partying friends

Go to AA gatherings and sober parties

Thank your Higher Power for your Recovery

Make a Gratitude List

Keep AA support numbers in your pocket

Plan ahead: “Fail to plan, plan to fail”

Make back-up plans….NOW!

Talk to another person in Recovery

Pray, read the Big Book and go to a meeting

Journal about your feelings

Share your feelings with someone safe

At all costs…avoid drinking and using

H A L T = Don’t get too hungry, too angry, too lonely and too tired. Don’t drink while you are sober