

A Recovery Checklist

A list of important goals for the first year of your recovery. Use it as a reminder and to help you stay on track in the days and months ahead.

- Accept that you have an addiction
- Practice honesty in your life
- Learn to avoid high-risk situations
- Ask for help
- Practice calling friends before you have cravings
- Become actively involved in twelve step groups
- Go to discussion meetings and begin to share
- Get a sponsor and do step work
- Get rid of using friends
- Make time for you and your recovery
- Practice saying no
- Take better care of yourself
- Develop healthy eating and sleeping habits
- Learn to relax and let go of stress
- Discover how to have fun clean and sober
- "Play the tape forward" to deal with cravings
- Find ways to distract yourself when you have cravings
- Deal with post-acute withdrawal symptoms
- Develop a strategy for social settings where drinking is involved
- Develop tolerance and compassion for yourself and others
- Say goodbye to your addiction
- See yourself as a non-user

[http://www.addictionsandrecovery.org/
recovery-checklist.htm](http://www.addictionsandrecovery.org/recovery-checklist.htm)

