



## 30 Actions to Take Before You Use

1. Write down 10 reasons why you stay sober
2. Take a nap
3. Write a gratitude list
4. Walk or run for 20 minutes
5. Give yourself permission to let go of anything that interferes with recovery
6. Shower. Change your clothes. Do your hair/make-up.
7. Set a timer for 10 minutes and clean your space, declutter or organize
8. Send a note to someone just to say hello
9. Drink a glass of water
10. Remember your bottom? It can get worse.
11. Read for 15 minutes
12. Write about (the feeling behind) the craving.
13. Pray
14. Meditate or do breathing exercises. <http://bit.ly/2cfza3N>
15. Make yourself a healthy snack or meal
16. Listen to music that moves you
17. Write a list of 10 good things about you
18. Do something wholesome that makes you happy
19. Do a random act of kindness
20. Do 20 pushups or 20 sit-ups
21. Call someone to see how THEY are doing
22. Call a friend to share your struggle
23. Learn something you are curious about
24. Brush your teeth
25. Start the day over!
26. Consider what will using do *for* you and *to* you?
27. Call your sponsor or recovery mentor.
28. Sing your fight song!
29. Get to a meeting or go see your therapist.
30. Affirm your worth and value to the world!