



Make plans for your new free time.

Removing drugs from your life will leave a hole that you'll need to fill. For example, if the bar was your main social outlet, you'll need to explore other ways to connect with people. Challenge yourself to find new activities you enjoy.



Find new ways to celebrate.

Birthdays, holidays, and other special occasions are often paired with drug use. Being sober doesn't mean you stop celebrating, but you'll need to rethink how you mark these occasions. Creating your own traditions can be especially rewarding.



Ask others to hold you accountable.

When you've found people you can rely on, don't be afraid to talk about what you need to stay sober. Give them permission to help you when you feel tempted to use or start making risky decisions.



Remind yourself that urges will pass.

When an urge hits, it can feel like it'll last *forever*. But that's not true—urges will fade. Ride out the urge one moment at a time, distracting yourself with an activity like calling a friend, exercising, or doing a hobby.



Let yourself grieve.

Giving up drugs will involve sacrifices, such as leaving behind people, places, and activities that make using more likely. This won't be easy, and you might feel angry and sad as you make these difficult choices. Be kind to yourself as you go through this process.



Focus on the decision *before* the decision to use.

Saying "yes" to using is the last step before relapse, but look at what came *before* that moment. Deciding to drive past that bar or spend time with those old friends are the kind of decisions that put you at greater risk in the first place.



Learn from setbacks.

Relapsing after a period of sobriety doesn't mean starting over. Your "days sober" might reset, but your resilience and insight will continue to grow. Use this as a chance to learn and move forward.