

## Have a Clean Holiday.



### 1 Recognize the risks

The holiday season is full of situations that can be difficult for those in recovery.

- **Parties & Gatherings**

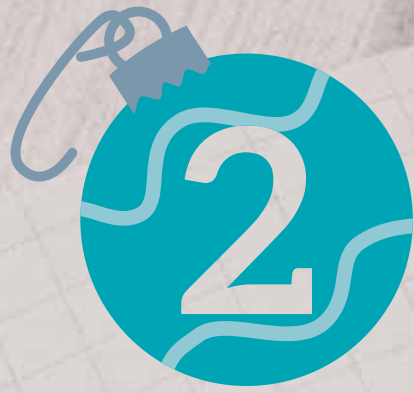
Most holiday festivities are not sober environments.

- **Stress**

Giant to-do lists, seeing relatives, budgeting for gifts - all while trying to focus on your recovery efforts - it all adds up to the most stressful time of the year!

- **Unrealistic Expectations**

Many people put undue pressure on themselves to make the holidays perfect, adding disappointment and stress.



### 2 Be Prepared.

Ask yourself what parts of the holiday season are going to be challenging and know what to do beforehand.

My Plan:

**Identify what you should avoid - people, places, activities.**

**Decide ahead of time how long you will stay at events.**

**Keep a list of who to call if things get difficult.**

**Have an "escape plan" for potential difficult situations.**

**Call your sponsor, just to check in once a day.**

**Schedule your time. Don't leave large chunks of time open with nothing planned. Keep Busy!**

**Go to meetings! Traveling? Find local meetings.**

**Look up the schedule ahead of time.**



### 3 Know How to Say No

Have your answers ready for when you're offered something you shouldn't have or invited to an event or activity that could be stressful or present too much temptation.

*"No thanks, but I could really use a soda."  
(suggest an alternative)*

*"I'll pass on champagne. Are you making a resolution this year?"  
(redirect/change the subject)*

*"Sorry, it's not a good idea for me to be there."*

*"Sounds fun, but I can't make it."*

**Speak Clearly. Don't Hesitate.  
Make Eye Contact. Repeat if Necessary.**



### 4 Don't Forget to Celebrate!

- **Plan Fun Holiday Activities**

It's easy to feel left out when there are annual holiday traditions you now avoid. Get family and friends in on fun, sober holiday activities like skating or sledding, making holiday cookies, watch a holiday movie together.

- **Get into the Spirit**

Remember the true meaning of the season- giving! - and be giving of yourself. Spend quality time with loved ones. Be of service to others - there are so many charities and groups that need extra help this time of year.

- **Celebrate Your Recovery**

Remind yourself often of how good being clean feels. Make a list of blessings and what your thankful for. Get together with others in recovery if you can to celebrate having a sober holiday!