

## H.A.L.T.

These four powerful *states of being* are the origins of triggers that can cause us to backslide into relapse behaviors. So when you're

Hungry - EAT always carry candy

Angry - PRAY Bless them, heal me

Lonely - CALL a sober friend

Tired - NAP or close your eyes.

Music can help you celebrate the good times and overcome life's challenges. Right after rehab, it's recommended to avoid listening to music that you may associate with drinking...so explore new types of music.

Last but not least, when you don't get your way you're probably doing God's will.

## ALCOHOLISM

is a FAMILY DISEASE

The Al-Anon Family Groups are a fellowship of members whose lives have been affected by someone else's drinking. Alateen, part of The Al-Anon Family Groups is for pre-teens and teens. For more information or a meeting schedule visit: [www.afgdistrict6.org](http://www.afgdistrict6.org)

*Non-alcoholics may attend open A.A. meetings as observers.*

*Only Alcoholics or those who have a desire to stop drinking may speak at an AA meeting.*



For meeting schedule please visit

[www.AAlakesumter.com](http://www.AAlakesumter.com)  
or the App:  
[Meetingguide.org](http://Meetingguide.org)

Published by:  
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# What Now?

Here's a quick guide containing several insightful tips that will help you keep your new life



The fear and uncertainty you feel post-rehab is absolutely normal. The move from a supported environment back to normal living can be a tough transition.

Upon leaving rehab, you may find yourself put in trigger situations, or situations that spark the thought of reverting back to old habits. Things like returning to your old neighborhood, seeing old friends or family members, and even certain emotions may tempt you to go back drinking. So try to avoid people, places, things & situations that could spark triggers or least be prepared!

The journey to a healthy, sober life is not a quick and easy one. It is a lifelong commitment of dedication and hard work. Like any journey, the road to sobriety begins with simple steps forward.

Modify your environment. Before returning home from rehab, ask a loved one or someone you trust to remove any alcohol from your house.

Go to a meeting within 24 hours of leaving & get numbers! Find a sponsor & surround yourself with sober people, as well as people who have your best interests at heart, and want to help you keep your new life. Find a home-group in your area & get active!

Replacing old habits with positive, new habits is critical! It takes more than two months before a new habit becomes automatic, so find a new, positive habit you enjoy doing and stick with it.

Set goals for the future, like a five year goal. When you have goals for the future, it will be much easier to manage your temptations when they arise. When you have a sense of why you want to stay sober and all the benefits it will bring to your life, it will be much easier to stay on track.

Don't act on impulse! When making major decisions, check with your sponsor or another sober person for suggestions and feedback.

Stand on you own....

Alcohol has essentially been the love of your life for quite some time! In its absence, you may notice an urge to relationship hop. Don't do it! Broken hearts are one of the leading causes of relapse. For now, steer clear of emotional entanglements and focus on you.

Easy does it on the drama. Stay away from negative people . Finding ways to laugh is vital to our early sobriety. Go see a comedy show, a funny movie or simply hang out with that wacky friend who always cracks you up (They're easy to find in the rooms)

Find a moment each day to be thankful. When we have a strong appreciation for the life we've been given, it's easier to recognize how much we have to be thankful for. Consider starting a gratitude journal and writing down five things each day that make you feel fulfilled and happy.