

# THE PROCESS RECOVERY CENTER

## HOW TO GET SOBER

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**A desirable recovery regimen is like a triangle with three points. It will address the following needs, which are invaluable to healthy, happy sobriety.**  
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### **A SOBER NETWORK**

People who **share your struggles** will be able to relate to you in a way no one else can. A lack of empathetic, genuine friendship can lead to loneliness and isolation, which is a threat to sustainable sobriety. Mentorship - or sponsorship as it's called in some programs - is also a useful tool in sobriety. If you want to learn, the best way to gain a new skill is by **following the example** of someone who has already done it.



### **A COMMITMENT TO SELF -GROWTH**

An **inventory process** entails writing about the past and mining that information for patterns of behavior. Substance misuse is a maladaptive coping skill. By examining the past, you are able to get to the root of the pain driving your drinking. Ask a **therapist** or a **sponsor** to guide you.



### **A SENSE OF PURPOSE**

In sobriety, the mind can become a dangerous neighborhood. Spending too much time overthinking can lead to anxiety, depression, and, ultimately, relapse. The best way to get out of your head is to **engage in an activity** you're passionate about or to **help someone else** who is struggling.

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Although it's beneficial to educate yourself about the markers of a desirable recovery regimen, it's even more essential to remember that **action is the only foolproof way to get sober**. Sobriety doesn't occur through osmosis. A recovery program can provide a roadmap, but only **you** can step into the sunshine and embrace the open road.  
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# Recovery How To Get And Stay Sober

**TD Snyder**



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