

Tips for Staying Clean & Sober

Here are some tips to help you stay clean and sober...

- Take the 12 Steps of Cocaine Anonymous.
- Go to 90 meetings in 90 days.
- Don't use between meetings.
- Don't drink or use no matter what.
- Throw away all your drug paraphernalia.
- Get a sponsor.
- Call your sponsor every day.
- Avoid people, places and things that you associate with drug use.
- Don't deal drugs.
- Get phone numbers and use them.
- If no one is home, and you're in trouble, call the Hotline.
- Be of service; get a commitment at a meeting.
- Go to coffee after meetings.
- Remember that you don't have to stay sober the rest of your life. We only do this one day at a time.
- Don't get too Hungry, Angry, Lonely or Tired (H.A.L.T.).
- If the connection calls, hang up.
- Read the books and literature.
- If you think of using, think it through--all the way through.
- No matter what happens, keep coming back.
- Seek a Higher Power.
- Ask your Higher Power to keep you clean and sober each day.
- Stick with the winners.
- Ask questions.
- Make sobriety your #1 priority.
- Be Honest, Open-Minded and Willing (H.O.W.).
- Don't be hard on yourself, recovery takes time. We care.

Approved Literature. Copyright 2003, Cocaine Anonymous World Services, Inc.