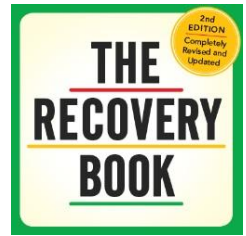


No Relapse!

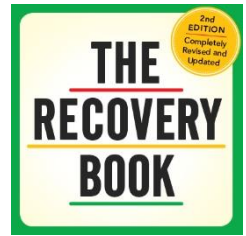
101 Fun, Inspiring and Distracting Things to Do Instead of Drinking or Using Drugs

from *The Recovery Book*

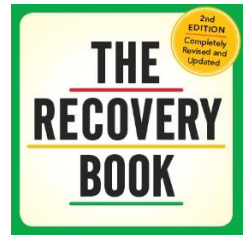
1. Set a timer for one minute. Stay sober for that long. Then set it for two minutes, then three, then five.
2. Walk to the store and buy a chocolate bar. Eat it slowly on your walk home.
3. Snuggle with your partner. Snuggle with your dog.
4. Go to a meeting. Start walking there now if you have to. bit.ly/FindAMeeting
5. Get in a workout at the gym.
6. Take up knitting. Sign up for a class at a knitting store.
7. Go to a meeting and talk to someone who has a lot of sober time.
8. Think about all of the days you now have sober. Hold your attendance chips in your hands.
9. Go to a meeting, find a newcomer, and invite him to coffee.
10. Go for a bike ride.
11. Set a timer for two minutes, close your eyes, and think about how good it felt to wake up without a hangover this morning, and how good it feels to be sober right now.
12. Skype or Facetime with a friend in recovery.
13. Think about the day you admitted you were powerless over alcohol and drugs, and decided to accept recovery. Replay it in your mind.
14. Wander around a museum. Go to an aquarium or a zoo.
15. Walk away from whatever is tempting you. Keep walking. Run if you have to.
16. Think about the fact that you only need to not drink or use for today.



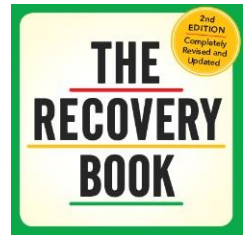
17. Brush your teeth for three minutes.
18. Read *The Recovery Book*. bit.ly/TRBAmaz
19. Start a journal. Write about what you like best about recovery and why you want to stay sober. Write about how you feel after a meeting.
20. Recite the Serenity Prayer. Several times.
21. Get a haircut. Get a manicure and pedicure.
22. Find a new recipe for dinner; shop for the ingredients and take your time making the meal.
23. Download and listen to a recovery talk.
24. Think about your Recovery Program (Chapters 2 and 3) and what you need to focus on in the Red Zone. Write up your personal plan. Write up how you'll work on Steps 1, 2, and 3.
25. Read the *Big Book*.
26. Build a custom motorcycle online.
27. Start a list of the people you need to make amends to.
28. Identify one person you can make amends to now or in the near future. Make a plan.
29. Write a poem or short story.
30. Do an act of living amends: clean up your neighborhood, shovel a neighbor's sidewalk, donate some clothes to a homeless shelter.
31. Write in your journal about something you accomplished recently that made you feel good.
32. Take a walk through a botanical garden and photograph the flowers.
33. Invite your grandmother or favorite aunt to lunch.
34. Do a Recovery Zone ReCheck (Chapter 2). Identify what might be causing you stress.
35. Write in your journal about your priorities for this week, the next six months, the next year.
36. Review your journal to see how far you have come from your earliest days of sobriety.
37. Scrub the bathroom.
38. Practice TAMERS every day (Chapter 1). bit.ly/TAMERS



39. Turn up the radio and dance across the room. Explore new music on Pandora.
40. Pray. Go to church. Go to confession. Join a religious studies class.
41. Clean out a closet.
42. Sign up for a couple's relationship-building class or weekend retreat.
43. Organize the garage.
44. Set a timer for two minutes, close your eyes, and remind yourself that you are helpless against drugs and alcohol, and that if you start again you will soon be in a downward spiral.
45. Organize and edit your digital photos.
46. Set a timer for two minutes, close your eyes, and think about how your liver and other organs are getting healthier each day.
47. Practice your musical instrument.
48. Set a timer for two minutes, close your eyes, and think about your new friends in recovery, and the joy you have found in recovery.
49. Read about how the brain changes in addiction, and remind yourself of how far you have come living sober (Chapter 1).
50. Volunteer to set up chairs or make coffee at a meeting.
51. Sign up for a community class on job interview skills, writing a resume, or buying a home.
52. Call or text your sponsor and meet for coffee.
53. Write up a list of the places you'd like to travel to, fun things you'd like to do in your life.
54. Do some pushups. Run up and down a staircase.
55. Write a gratitude list. Name three things you are grateful for today.
56. Wash your car, your dog, your clothes, the dishes.
57. Sign up to volunteer at an animal shelter, a homeless shelter, or a crisis line.
58. Set a timer for two minutes, close your eyes, and think about the people who love you, and how you have rebuilt your relationships with them (or plan to).



59. Go window shopping at the mall.
60. Find a pickup game of basketball.
61. Go to a library or bookstore and browse in the recovery section.
62. Set a timer for two minutes, close your eyes, and imagine the day you'll be ready to sponsor a newcomer.
63. Set a timer for two minutes, close your eyes, and thank your Higher Power for your new life.
64. Make a bowl of popcorn and watch a movie. Or binge watch a funny TV series.
65. Write up your Continuing Care Plan for after you leave treatment or for the next six months (Chapter 7).
66. Clean up your online profile; unfriend former friends, delete old photos, untag yourself. bit.ly/TRBClean
67. Go for a run. Run to a meeting.
68. Write up a list of how you're working your program. Include how many meetings you go to each week, how often you talk with your sponsor, and any changes you need to make.
69. Walk a mile away from your home. Then walk a mile back.
70. Write a letter to your former self. Write a letter to your future self. Or record them on video.
71. Explore some recovery apps. Download one and clock your days sober.
72. Take a yoga class.
73. Listen to a visualization or meditation recording. healthjourneys.com
74. Think about how much money you have saved by not drinking or using drugs and put some aside to buy yourself or your partner something special.
75. Sign up for a recovery retreat weekend.
76. Take a bubble bath or a long hot shower. Sing in the shower.
77. Think about the talk you'd like to give at a meeting, and write down some notes. Practice in front of the bathroom mirror.
78. Bake some cookies to share at a meeting.



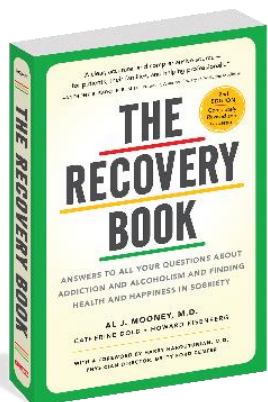
79. Find a new meeting to go to, and head over there right now. bit.ly/FindAMeeting
80. Call up a friend in recovery and meet for coffee. If the first person you call doesn't answer, keep calling until you reach someone.
81. Take up birding. Sign up for a birding walk with a local Audubon chapter or birding club.
82. Plan your spring garden. Order some seeds and design your plots.
83. Think about how you'll rebuild your life once you are in the Yellow Zone (Chapter 16). What do you want to accomplish? How will you work on Steps 4-9?
84. Make an appointment to get your teeth cleaned.
85. Go to an online meeting. Or three or four. bit.ly/FindAMeeting
86. Put together a plan to quit smoking (Chapter 25). bit.ly/TRBSmoke
87. Go for a hike. Organize an outing for your new friends in recovery or join a hiking club.
88. Clean up your yard. Rake some leaves.
89. Start a new account on Twitter or Instagram.
90. If you're in school, find a campus recovery program and head over there. collegiaterecovery.org/programs
91. Take your kids to the park and run around with them.
92. Go for a motorcycle ride.
93. Write a letter to someone and pour your heart out. (No need to send it.)
94. Walk your dog.
95. Think about what you will do to enjoy your life and give back to others once you're in the Green Zone (Chapter 21). How will you work on Steps 11-12?
96. Call your mom or dad.
97. Walk around the block five times. Do ten jumping-jacks.
98. Explore some recovery organizations and get involved: YoungPeopleinRecovery.org, SoberGrid sobergridapp.com, PhoenixMultisport.org.

99. Vacuum the living room.

100. Meditate.

101. Go to a meeting.

Add your own ideas below for avoiding relapse. What has worked in the past?



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