



ROSECRANCE ALUMNI RELATIONS

Sober Holidays: Grinch Thoughts into Gratitude!

PRESENTATION HANDOUT

The greatest gift you can give yourself, your family, and friends during the holidays is recovery.

The holidays can bring up all types of emotions, sometimes we miss our family and friends, sometimes we aren't sure how to act around them, and other times we must participate in events and parties where alcohol or other drugs might be present. Don't be discouraged; you are not alone. Even though the holidays might be a tough time for you, there are steps you can take to the joyful journey of gratitude.

STEP 1: Put it in perspective—It's all about joy. You have a right to joy.

Treat the holidays like any other day of your recovery. Don't give it special attention or stress, because it, too, will pass. It's just another 24 hours of recovery. Pay attention to "rigorous honesty." Your thoughts, feelings and attitudes bring forth action.

STEP 2: Have a plan—It's your gift to self.

If you feel uncomfortable, tempted, or upset at the thought of being in the presence of alcohol or drugs this holiday season, you have every right to choose to celebrate at a safe place—a gift to self!

STEP 3: Put your recovery first.

It's not selfish to put your recovery first. It's necessary because if you're not in recovery, you can't be the best version of yourself.

STEP 4: Be ready to address your sobriety

Loved ones might be concerned or have questions about your sobriety at first, but remember you don't have to justify your sobriety to anyone. If it feels good to you and your life is better, then those are the only reasons you need. It might help to have an idea of what you might say ahead of time if you are asked about your sobriety.

STEP 5: Embrace the gratitude

When all else fails, remember why you started this journey. It might help to write down a daily gratitude list around the holidays to remind you why you are grateful for your sobriety and what it's worth to you. Helping others can also make you feel grateful. When you're consumed by your own thoughts, the best medicine is reaching out to someone else.



The journey of joy is the destination of hope and happiness!