

10 TIPS

FOR GETTING SOBER

- 1 Be proactive to change, not reactive.
- 2 Forgive yourself. Addiction causes deep regret but healing is possible.
- 3 Reduce involvement in toxic relationships, you know who these people are!
- 4 Make an honest attempt to reconnect with those who matter - your parents, children, loved ones and friends.
- 5 Know that the one who is responsible for getting you sober is YOU!
- 6 There is no one size-fits-all approach, do what works for you and if you find something doesn't work, move on and try something else.
- 7 Be forgiving of others the same way that you expect forgiveness.
- 8 Quit feeling sorry for yourself - do something to evoke positive change.
- 9 Remember that tomorrow is a new day, so if today isn't perfect, there's another shot at it tomorrow.
- 10 Stay busy, people with too much time on their hands have a great risk of using.

Getting Sober

Camilla Rothe



Getting Sober:

The Enigmatic Realm of **Getting Sober**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Getting Sober** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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