

# Renaissance Recovery Blog

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[renaissancerecoverycenter.com/tips-for-an-addict-to-celebrate-sobriety-this-holiday-season](https://renaissancerecoverycenter.com/tips-for-an-addict-to-celebrate-sobriety-this-holiday-season)

## Sober Tips for the Holiday Season

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The holidays are upon us. That means it's time with family and friends. And for many of us, it also means being in the presence of alcohol or drugs, and we know what challenges that bring to the dinner table. So, to be sure this holiday season is what you want it to be, have a three-fold plan: (1) consult with your sponsor before any holiday planning; (2) if traveling someplace, research in advance for local meetings for recovering addicts; and (3) customize your holiday season according to three scenarios in which you may find yourself.

### **Scenario 1: Holiday Parties & Get-Togethers with Friends & Acquaintances**

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In this scenario, you may find yourself at a dinner party or other get-together and the crowd is a mix of people you know well, somewhat, or just met. Depending on the situation, you may not want to divulge you are going through recovery immediately, but you also don't want to be the party-pooper. What do you do?

1. **Stay committed to yourself and recovery.** Believe in yourself. Love yourself. And know that you can do it.
2. **Know someone.** Prior to going to the party, make sure you know at least one person who knows you well and knows about your addiction. He or she will be a source of support and comfort.

3. **Be prepared.** Stay away from any get-together you know will have temptations or triggers. That said, also be prepared about how you will turn down a glass of alcohol and other temptation. Then, you need to have an exit strategy; know your exit plan before going to the party, so you don't find yourself hesitating.

## Scenario 2: Time with Family & Close Friends

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Time with family and friends over the holidays, especially when they know you are a recovering addict, is always a great option. They may be aware of your addiction and your progress at recovering, and therefore, may be prepared to support you. But the holidays are a sentimental time, and though joyful, holidays can also bring about strong emotions that may affect you in ways you would not have anticipated. When that happens, have a plan.

1. **Be honest.** Be honest both with yourself and your family and friends. Know your triggers so that you can address them with your family. You may not want to spoil the fun, but they likely don't even realize how it is affecting you. To be clear. Speak up. And they will be happy you did so.
2. **Have fun.** Try to let go and enjoy time with family and friends; it can be one of the most therapeutic activities for you.
3. **Know when is when.** When the fun has stopped, know it and act on it. It's best to exit when you are ahead of the game.

## Scenario 3: Alone

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This is probably the worst scenario for you. You may want some quiet time, but too much can take your mind to unknown places. So, when you find yourself alone, know what to do.

1. If you are hungry, eat.
2. If you are sad, call a close friend, relative, or your sponsor.
3. If you are questioning yourself, remind yourself how far you've come and how important you are.



# TIPS TO STAY SOBER FOR ANY HOLIDAYS



## Avoid Known Risks

Stay away from people, places, and things that trigger you.



## Prioritize Self Care

It's ok to say "no" to things that feel overwhelming. Don't push yourself.

## H. A. L. T.



### Hungry:

Don't skip meals & eat well



### Angry:

Reduce stress, journal, meditate, pray



### Lonely:

Bring a sober companion or call a sponsor



### Tired:

Sleep well and exercise



## Create New Traditions

Plan a new annual adventure; run a 5K, go hiking, or watch movies.



## Rehearse Response

Talk about your sobriety - or don't, but have an answer ready if someone asks or offers you a drink.



## Service, Not Self

When we can focus on others, we find more joy and gratitude. Look for ways to help others. Bake for friends and family, donate to a shelter, volunteer your time, or visit with a confined neighbor or senior center.



## Give Thanks

List 3 things you are grateful for each day. An attitude of gratitude reduces relapse.



## Make a Backup Plan

Bring a sober companion to support you and leave with you if you don't feel comfortable



## Celebrate Your Sobriety!

Focus on those things that you "get back" and the ways in which life is better when you're not using. With proper support and planning, you can enjoy any holiday clean and sober.

**We Can Help! Contact Us For A Free Dual Diagnosis Consultation**



RenaissanceRecoveryCenter.com

**Call (480) 526-7738**

The best thing about holidays – apart from sharing them with family and friends – is celebrating. That means: celebrating you, for what you've been through, where you are, and where you are going. If you, nonetheless, find yourself struggling, [contact us](#) today to help you get the spirit of the holidays back again.