

Sober Task Analysis

(Safety Zone of Recovery)

I'M GOOD AT THIS	I'M SOME-TIMES GOOD AT THIS	I SELDOM OR NEVER DO THIS	HEALTHY RECOVERY PRACTICES
			Act as if: we behave the way we see winners behave, even when we think it's stupid (we can't think our way into good acting but we can act our way into good thinking)
			Bad Days: Start your day over anytime
			Begin each day: By reading something inspirational—recovery meditation, Big Book, Emmet Fox—something that sets a spiritual (or principled) tone for the day
			Break old habits: Especially in the beginning, keep plenty of mineral water, sodas, coffees, and/or fruit juices to carry in your hand.
			Break old habits: Go to new restaurants and restaurants that do not serve alcohol
			Calling people: Besides your sponsor, talk to at least one other person in recovery every day. Practice calling people when you're feeling okay so that you'll be able to call more easily when you're in need of help.
			Chips: Pick up your chips at your home group or any group that gives chips to mark your time clean and sober
			Clubs: Find the closest 12 Step clubhouse and join it
			Clubs: Go to the clubhouse at least once a week and have refreshments and talk to at least one person you never met before
			Clubs: Once you have a few months, volunteer to serve at the local 12 Step club
			Compare: We compare ourselves to ourselves over time, not ourselves to other people's progress
			Compulsion: assign a speed dial to your sponsor on your phone
			Compulsion: Carry a recovery book for quick inspiration and read it when a compulsion hits or at the HALT moments
			Compulsion: Carry a recovery phone list and call someone when a compulsion hits or at the HALT moments
			Compulsion: Think the drink through (or fix, pill, line, etc)
			Computer: Be sure to join at least one on-line or email meeting
			Computer: If you have an email account, subscribe to one or more daily recovery messages
			Conferences: Attend as many conferences as is feasible
			Energy: Put the same amount of energy into recovery as you did into keeping your supply current—what lengths would go to get a that first fix, pill, or drink? Put that same amount into making meetings and following the tasks on this page—make it your sobriety priority
			Feelings: We know that our feelings lie to us so we don't act on our feelings—we call our sponsors. Feelings are not facts.
			First year: Make no major decision, to marry, divorce, change careers or major purchases. Keep it Simple

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			Friends: Change your definition of a friend from those who participated in your disease to those who support your sobriety
			Friends: Stick with the winners. Hang out and socialize with people in the program and people who don't drink—always talk to newcomers but spend more time with those who know the program
			Gratitude: Create a gratitude list on a regular basis (ask your sponsor what a regular basis is) You can't be hateful and grateful at the same time.
			Honesty: This is the time to get things into the open. Get rid of the shadows and darkness of the past. Put light on the dark things and they lose their power.
			Interrupt negative thoughts. This is 'drinking thinking.' Change them, turn them around, obliterate them.
			Knowing the alcoholic/addict, this means asking your sponsor for advice on what a "regular basis" is for you.
			Listen: Although you must participate at meetings, pick at least one meeting a week where you will not speak. Then you won't be deciding what to say and you can truly listen.
			Live in today. Today, take care of yourself. Tomorrow you can worry about them.
			Maintenance: Whatever your drug of choice is, don't use other substances as a maintenance program.
			Medical: Tell your physician, counselor, therapist that you are a chemically dependent and do not want unnecessary mind affecting chemicals in your prescriptions
			Medical: When absolutely necessary to take mind affecting chemicals, do not self-administer. Always give them to friend you trust, preferably your sponsor
			Meditate: Meditate n a daily basis
			Meetings. Make 90 in 90 the first time around or 180 in 90 if it's the 2 nd or more times around.
			Meetings: Bring up your troubles and fears in discussion meetings, shame flourishes in secrecy
			Meetings: Get out of your comfort zone. Go to meetings that you've never been to before—outside your area. Make meetings every time you go out of town.
			Meetings: If you're a women go to at least one women's meeting a week and if you're a guy go to at least one stag meeting a week even you're more comfortable with the opposite sex.
			Meetings: Participate in discussion meetings
			Meetings: Sit in the middle to front
			Meetings: Whenever possible be sure to make the meeting before the meeting and the meeting after the meeting. This is when hard core stuff could be shared that you may not find in a meeting.
			Nutrition: Get the right nutrition, especially when in withdrawal. Get lots of vitamin C, Calcium and magnesium, and the B vitamins.
			Observe practicing drunks & addicts: especially when they are trying to pass as sober. Listen to what they are saying. Is that a wonderful life?
			OTC: Buy mouthwash without alcohol in it

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			OTC: Only use non-alcoholic, non-narcotic and non-dextromethorphan cough syrups and cold medicines
			OTC: Read labels on all meds and don't take ones that affect your mind or emotions
			Paraphernalia: Get rid of all your drinking gear. Wet bar? Turn it into a planter. Liquor cabinet? Donate it to a non-alcoholic. Beer in the fridge? Fertilize the garden.
			Paraphernalia: Get rid of all your drug gear. Pain pills? Flush them down the toilet. Bongos with sentimental value—into the trash. Silver spoon?—do not make a ring—toss it!
			Prayer: Pray for the still suffering alcoholic and addict
			Prayer: Pray for those that piss you off
			Prayer: Pray on daily basis.
			Principles: Identify them in the steps and review each day to see if you've applied them in your life
			Remember your last drunk and share that experience with others
			Service work: Always find the newcomers and speak to at least one after every meeting
			Service work: Attend your home group's business meeting as a way to ensure the program is still there down the road for others.
			Service work: Clean up cups and put things away after meetings
			Service work: Commit to being the coffee maker for a group
			Service work: Commit to chairing a meeting on a regular basis (once you have enough sobriety time)
			Service work: Contribute to the H&I fund
			Service work: Give your phone number to your home group so people can call if they need help (or if you need help)
			Service work: Offer to be a greeter at a meeting
			Service work: Offer to give a ride to meetings to someone who lost their license or transportation
			Service work: Once you have the required amount of sobriety, volunteer at the central office or run for a position in your home group
			Service work: Put chairs away after meeting or set them out before
			Service work: Say "yes" when someone asks you to lead a meeting
			Service work: Say "yes" when someone asks you to speak at a meeting
			Service work: Say yes to all 12 Step calls you are asked to go on, but do not go on a 12-step call alone
			Service work: Volunteer to help with bringing a meeting to an institution
			Sign up with a "Home Group" and go on a regular basis.
			Sleep: Get restful sleep without mind-affecting chemicals. Try meditation, melatonin, or counting your blessings.
			Slogans: Don't underestimate them. Post some of the better ones on your bathroom mirror, in your car, and on slips of paper scattered around your home
			Social events: Order meals made without alcohol (contrary to popular belief, recent studies show that the alcohol is <i>not</i> all cooked out)
			Social events: With under three years sobriety, always attend social

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			functions that serve alcohol with at least one other person in recovery
			Sponsor: Get one
			Sponsor: Become one as soon as you have a year or more.
			Sponsor: Call your sponsor every day in the first 90 days, even just to check in. After 90 days, ask your sponsor how often you should be calling.
			Sponsor: Be sure your sponsor knows a drug is a drug is a drug. If your sponsor thinks it's OK to celebrate a sober birthday after someone smokes pot, get another sponsor
			Steps: Work them with a sponsor. Not in your head or by yourself.
			Take recovery seriously: This is nothing less than life or death.
			There are 56 "Musts" in the program. Find out what they are.
			We make our bed every morning. This is good self-discipline.
			Workshops: Sign up for 12 Step workshops at least once a year

These are generally good recovery practices. Check off the column that best describes how you practice that task. Not all of the above have to be done all the time. You want to do enough at any given time to keep yourself in the safety zone.

There are 82 practices. Mark your count:

Column One _____

Column Two _____

Column Three _____

You should have at least 40 in the first and second column at any given time—this is a *bear minimum*.

It is better to have 60 distributed between the first and second column, with at least 20 in column 1.

Analyze the tasks you perform to maintain your sobriety. If you are doing less than 40 in the first two columns, your disease is bigger than your recovery. Your job is to make your recovery much larger than your disease. Discuss this task with your sponsor and find out what you can do differently to get and stay in the safety zone of sobriety.