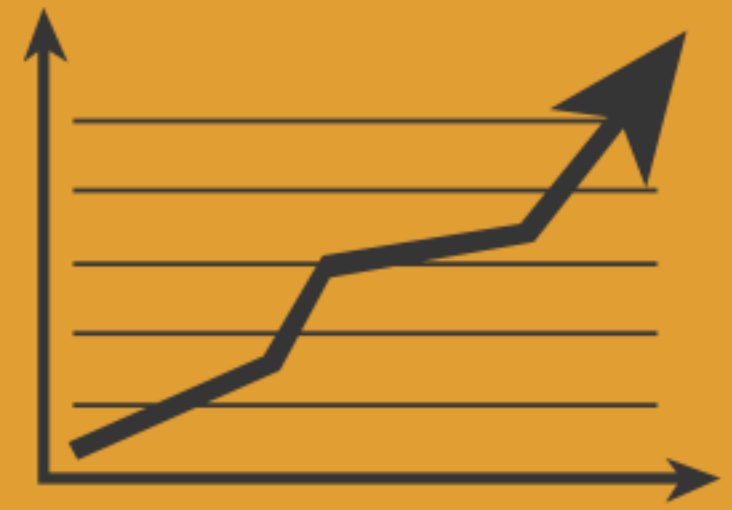


Practical Tips for Recovering from a Drinking Episode when Your Goal is to Quit



Get right back on track. Stop drinking – the sooner the better.

Remember each day is a new day to start over. Although it can be unsettling to slip, you do not have to continue drinking.



Understand that setbacks are common when people undertake a major change. It is your progress in the long run that counts.

Do not run yourself down. Do not let feelings of discouragement, anger, or guilt stop you from asking for help and getting back on track.



Get some help. Contact a counselor or a sober and supportive friend right away to talk about what happened or go to Alcoholics Anonymous (AA) or other mutual-help meeting.

Think it through. On your own or with support, try to better understand why the episode happened at that particular time and place.



Learn from what happened. Decide what you need to do so that it will not happen again and write it down. Use the experience to strengthen your commitment.

Avoid triggers to drink. Get rid of any alcohol at home. If possible, avoid revisiting the situation in which you drank.



Find alternatives. Keep busy with activities that are not associated with drinking.

Adapted from www.rethinkingdrinking.niaaa.nih.gov



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