

## **30 Reasons to Stay Sober**

1. *My hopes of having a wife and a child will come true if I walk away.*
2. *I will be able to hold down and maintain a job if I walk away.*
3. *Remember the pain and hurt I caused my family and myself?*
4. *I am a good person and do not need to prove it by using.*
5. *I will live a more independent and worthwhile life if I walk away.*
6. *I will be a positive role model for my children if I walk away.*
7. *I want and deserve a good future for myself.*
8. *I am a worthwhile and productive person.*
9. *I will regain my self-respect and dignity if I walk away.*
10. *I don't want to end up like my father.*
11. *I will be able to feel better about myself if I walk away.*
12. *My Family will be proud of me if I walk away.*
13. *If I continue to use I will die.*
14. *I will be proud of myself if I walk away.*
15. *If I walk away my physical health will improve.*
16. *I will reduce my chances of going to jail if I walk away.*
17. *My hopes and dreams for future will come true if I walk away.*
18. *I will be a positive role model for my friends if I walk away.*
19. *I will be able to get in touch with my true feelings if I walk away.*
20. *I will live a calmer and more peaceful life if I walk away.*
21. *I will be able to spend my time on healthy alternatives if I walk away.*
22. *Remember the high risk situations I faced while perusing my addiction?*
23. *I will be able to open my own business if I walk away.*
24. *If I continue to use I will lose everything.*
25. *I will be a positive role model for my family if I walk away.*
26. *Remember the stupid things I did to get my high?*
27. *Remember the look at my Girlfriends face when she found out about my addiction?*
28. *I will be stronger and more in control if I walk away.*
29. *I accept full responsibility for everything that takes place in my life.*
30. *My mission in life is to be a good man, to love my family, and to carry out God's will for me to the best of my ability.*