

## REASONS TO STAY SOBER

Posted by ItWorksIfYouWorkIt - 19 Oct 2017 09:15

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1. Acting out leaves me feeling Shamed and guilty
2. Acting out feeds on my fears
3. Acting out delays me in handling my responsibilities of self care and I slip deeper into despair,  
  
loneliness, isolation, anger, anxiety and depression
4. Being sober allows me to be of service to others.
5. Being sober allows me to be a good friend
6. Being sober allows me to be a good Program Brother
7. Being sober allows me to enjoy my freedom
8. Being sober allows me to recognize when I've hurt someone
9. Being sober allows me to make conscious decisions about whats in my best interest
10. Being sober allows me to be the best I can be

1. Being Sober allows me to truly appreciate my friendships
2. Being Sober allows me to enjoy the things that I take interest in
3. Being Sober allows me to construct and maintain healthy boundaries
4. Being Sober allows me to face life's challenges with dignity
5. Being Sober allows me to feel pain without emotional suffering
6. Being sober allows me to enjoy the weather
7. Being Sober allows me to Appreciate Duchess and Tonka
8. Being Sober allows me to do Step work with greater clarity

9. Being Sober allows me to take steps towards a brighter future
10. Being Sober allows me to make amends to others and myself
11. Being Sober allows me to forge new friendships
12. Being Sober allows me to develop my talents
13. Being sober allows me to face life's cruel realities with conviction and a plan!
14. Being sober helps me to become more sober. Sobriety expands exponentially into greater degrees of clarity in thinking and decision making
15. Being sober leads to me acting like a functional adult not wounded child
16. Being sober affords me the ability to look directly at my self pity
17. Being Sober lets me face my Anxiety
18. Being Sober lets me diagnose whats not working
19. Being Sober keeps me in the game

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