

4 Basic Steps to Recovery

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1. We all know the most important step is admitting that you have a problem. Admitting it does not mean you have to confess to being powerless against alcohol.

However, you must recognize that you have a problem and that you decide that you wish to change your life. What constitutes a problem is determined by the level of harm drinking alcohol creates on your health and your ability to successfully function in life--in your job, in your relationships, etc.

2. The next vital step is to determine your allies. Which people in your life will support you in your decision to quit drinking? It is crucial to surround yourself with the people in your life that will help you stay sober and avoid those who will attempt to sabotage your sobriety.

3. You must dedicate yourself to your commitment. Imagine yourself sober for the rest of your life. There is a saying that you must take one day at a time; this saying is very true. It is also very true that some days you will only take one moment at a time. You need to recognize and accept that it is a good thing that you will not ever be drinking again.

4. Avoid labels at all costs. You do not need to announce to the world that you are an alcoholic or even a recovering alcoholic. Share your victories with your allies and those who encourage you. Believe that you do not have a disease, and you are not sick--quitting drinking will make you a much healthier person.

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