


It Works If You Work It!

1. Go to meetings (and participate)
2. Get a Sponsor (of same gender) & Use Him 
3. Immediately Work the 12 Steps WITH YOUR SPONSOR
4. Read, AND Study, the *free* 12-Steps Literature (from table in meeting)
5. Get a Home Group (same as Sponsor's) . . . & do Service Work!
6. **Don't** Pick-up – **Don't** Use – **Don't** Drink

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## How to *Get* Clean & Sober? – How to *Stay* Clean & Sober?

H<sup>2</sup>.O.W.? You MUST Be . . .



Honest, Humble, Open-minded & Willing

H.A.L.T. --- Don't get too Hungry, too Angry,  
too Lonely, nor too Tired . .



..... and deal with it.

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YES, gotta **CHANGE** People, Places and Things ☹

IT WORKS! . . . ODAT . . . One Day At a Time!

Thanks for letting me share. Janis Small Omide, MS, CSAC with CounselingOnAShoestring.net