



# Table of Contents

**Foreword**

**Chapter 1:**

Sober Resolutions Basics

**Chapter 2:**

Get Rid of Temptations

**Chapter 3:**

Get into a Support Group

**Chapter 4:**

Get the Mindset of Being Committed

**Chapter 5:**

Make Sure to Reward Yourself

**Chapter 6:**

Make Sure to Stay Active and Busy

**Chapter 7:**

Change your Mindset about being able to Indulge just a Bit

**Chapter 8:**

Eat Healthy to help you Detox

**Chapter 9:**

Use Affirmations to Stay on Course

**Chapter 10:**

The Benefits of your Sober Resolution

# Foreword

It is not surprising that most people pursue their supreme sobriety for a variety of reasons and their reasons can be either professional or personal. The winter holidays serve as the starting point for a new beginning and one of the good news is to remain sober in creating your New Year's resolution. The main goal of most people during this holiday season is to create their utmost resolution that will serve as their guide throughout the year. You can get all pieces of information that you require from this book. These ideas will be helpful to everyone especially to those people who want to start a new phase of their life within this year.



## *Supreme Sobriety*

How to Maintain Your Resolution to Be Sober

# Chapter 1:

## *Sober Resolution Basics*

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### Synopsis

The following are the sober resolution basics that will be useful for you in creating your New Year's resolution.



## **The Basics**

The basic skills that you need to learn in creating your sober New Year's Resolution is to reaffirm yourself. **Reaffirming yourself** is considered as one of the finest things that you must consider so that you can keep and maintain your resolutions and sobriety. It is also important that you situate your decisions and goals then set a plan to achieve them.

**Pace yourself-** It simply means that you must prioritize your goals and be sure that you achieve it one at a time. It is very significant that you have a clear and better understanding in achieving your goals especially when it comes to creating your sober resolutions. Accept the relapse and mishaps in your resolutions and work to improve these two things.

**Know the possible Triggers-** Always bear in mind that you need to remove the negativity that is present in your life to remain on the pathway with your resolution sobriety. It will let you attain your own resolutions.

Having someone who could assist you with your basic needs and assistance is highly recommended since they are the ones who will serve as your guide to face the obstacles and hindrances that may come. The perfect state of your mind is the best things that you must have to accomplish your resolutions easily as well as maintain your sobriety. Allow yourself in replacing your bad habits and transform into good behavior. By doing this, you can make sure that it will have a great impact in your life and it will maintain your positive resolutions throughout the year.

Most of the American people use to create their own sober resolutions in every start of the year. Unfortunately, most of their resolutions disappear within a month. It is indeed that a certain resolution is difficult to hold but if you are serious in creating your own resolution, nothing is impossible.

Staying serious and getting sober with your resolutions requires effort and hard work to make sure that it will work. Maintaining a sober resolution will not guarantee a certain individual that he or she will have the best year. Instead, you must bear in mind that life with sobriety is a better life. Creating your own resolutions will give you fun and excitement but when the time comes that you need to execute them, it will be like the certain bumps at the road.

According to some researches, the best way to uphold your sobriety is to follow the steps that are stated above. These steps were proven effective in obtaining the best results that you really deserve throughout the year.

Consistency is absolutely the key in creating your own sober resolution. If you want to make your resolution into a reality, you should stick with it especially to the promises and expectations that are within your sober resolution.

# Chapter 2:

## *Get Rid of Temptations*

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### **Synopsis**

Most of the usual resolutions that you commonly hear and read includes: to quit drinking, avoid using illegal drugs and certain addictive behaviors like shopping, video gaming, eating, sex and gambling.



## **Temptations**

Learning how to get rid of temptations will let you determine the possible factors that will attract a certain individual to go back to a sudden addiction that he or she used to practice in the past years. The following are some of the helpful ways that will teach you how to get rid of possible temptations especially when it comes to addiction.

### **Helpful Ways to Get Rid Get of Temptations**

Every person is seeking for some ways to prevent any form of temptations that can affect their life. The best way that will help you in getting rid of temptations is to tell your family and friends about your addiction. By doing this, you can assure that they will assist and guide you to prevent from coming back the behavior and addictive patterns that you used to experience in the past years.

**Seeking for professional help** is highly recommended especially to a certain individual who is involved to a certain type of addiction. You can find a therapist who has been trained to lend a helping hand to somebody who wants to get rid of his or her addiction. Most of the therapists conduct a group or individual sessions wherein you will be taught on how to combat addiction. You can also try using an intensive treatment to speed up your recovery process.

There are concentrated programs that are specifically designed to spare you from such places, things and people or anything usually drives you into



addiction. The program will also help you diminish the threat of relapse and assist you to reach your set sobriety resolution.

**Participating in a recovery group** will also help you get rid of your addiction. Whatever the type of addiction you have, keep on believing that there's something that will help you overcome your current situation. Attending regularly to meetings is considered as one of the effective ways to interact and meet other people.

**Change your daily Routines-** Most of the active addicts have their own respective pattern and routine that usually lead them in using dangerous drugs. In order to avoid using them, you need to figure out certain paths that will lead you to addiction. You must try to do something to avoid those addictive behaviors.

For example, if you are driving your car and you're on your way to your home, instead of taking the route wherein you will pass over a bar or nightclub, take another road to reach your home. Instead of smoking while you are watching television, just go to the park within your community or simply clean your yard. The most important thing that you need to consider is to break the patterns and routines that will urge you to use those drugs.

# **Chapter 3:**

## *Get into a Support Team*

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### **Synopsis**

In order to attain your goals and resolutions for the year, engaging into a support group will greatly help you explore a lot of things that you need to consider in creating your own resolutions.

There are a lot of support groups that are available in the internet that might be helpful for you to achieve and make your resolutions into a reality.

Most of the support groups that are available in the internet will provide you with valuable things to maintain your resolutions to be sober. The following are some of the benefits that you can get into your support group.

## **The Benefits**

### **Improve your Mental and Physical Health**

With the help of your support group, you can easily cope up with things especially when it comes to your mental and physical health. When you have a strong mind and healthy body, you can make sure that you can think of better things that you must focus throughout the year. It would be easier for you to change your bad behaviors and your old lifestyle.

The compulsive behaviors, using of illegal drugs and too much alcohol consumption is the main things that you need to change. It must be your top priority in your resolutions' list. The regular exercise and healthy eating are few of the helpful benefits that you can get within your support group.

Your support group will serve as your guide in dealing with different aspects of life. It is indeed that if you are engaged with a support group, you can feel better and most importantly, you can create your sober resolutions easily.

### **Meet New Friends and Try Novel Things**

If you are engaged into a support group, they will help you explore new things in creating your sober resolutions. Starting your new hobby like cooking, joining dance classes, attending to social gatherings and healthy dating are one of the new activities to ponder on.

By trying these new activities, you will have a greater chance to meet and deal with other people and some of them will become one of your sober

friends. These activities have the ability to invigorate your stalled life. You can also attract some of your relatives and colleagues to join this kind of support group and make a total difference for the rest of your life.

### **Communicate Better**

You can also gain better learning when it comes to communication skills. Your support group will assist you on how to express your feelings, emotions and beliefs. The listening and communication skills are considered as some of the finest benefits that you can get with your support group to improve your good relationship with other people.

### **Eliminate your Stress**

The support group will also provide you with powerful strategies that will help you in getting rid of stress. It is very important that you make your life free from stress and you can attain this by seeking those optimistic people with positive experiences. Most of the optimistic individuals have the potential to guide you on how to make your life negativity-free.

### **Show Respect**

Showing respect is also considered as the best thing that your support group can provide you. You can show your respect in a form of appreciation and gratitude for such things that others have done and shared to you. By doing this, you will have more friends as well as it will increase your social circle and support group.

# Chapter 4:

## *Get the Mindset of Being Committed*

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### **Synopsis**

The process of creating a New Year's resolution is quite difficult when it comes to making them into reality. It is very important that you have the right mindset and commitment to meet whatever you want. Most people find hard time in creating their own resolution since they are afraid of encountering difficulty to meet and keep their expectations and promises.

If you are planning to create your sober resolution, you need hard work, effort, dedication, the right mindset and the most important factor - commitment. If you have this positive outlook, you can assure that you will have your sober resolution that you dream of.

The following are some of the important factors that you need to consider on how to get the proper mindset and commitment in transforming your sober resolution into a successful one.

## **Understanding the Relapse**

Relapse is considered as one of the huge mishaps that a person faces especially when it comes in setting up his or her sober resolution and commitment. Whenever a certain person encounters this kind of situation, you feel that all the things that you worked gone in the woods in just a blink of an eye. Relapse is very usual in addiction recovery and it is significant that the people who are behind this situation must seek additional game plan and addiction treatment.

### **Practice Patience**

Relationship and addiction recovery need proper practice of patience to maintain positivity. This will also be helpful to handle the stressful moments for every time that you set your commitment in creating your sober resolution. Mind setting and commitment are few of the salient parts that you need to focus especially in achieving your supreme sobriety.

### **Be Realistic**

When it comes to mind setting and commitment, one of the important things that you need to consider is to be realistic. You should set goals that are within your reach and you can achieve it by taking small steps at a time. Focus on the goal that you want to achieve and set aside those unnecessary things that will not help you in achieving your objective.

The presence of commitment and mind setting in maintaining your sober resolution is the best thing that you need to think about. If you already have the commitment in your sober resolution, it will be just easy for you to achieve it. Whatever hindrances and obstacles that may come in your life, it will not be a big problem since you already set your mind to stick with your sober resolution.

### **Be Honest**

In setting up your sober resolution and commitment, it is also important that you practice honesty. A person who finds hard time to stick with his or her resolution since you don't have the proper mind setting and the commitment is not his or her priority. The best policy in mind setting is to adopt truthfulness and strong foundation of quality commitment in order for your character to stay pure.



# Chapter 5:

## *Make Sure to Reward Yourself*

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### **Synopsis**

Maintaining your sober resolution this year needs proper motivation. If you exert effort, hard work, perseverance and dedication towards achieving your set goals for New Year, don't forget to give yourself a treat or reward in everything that you have done.

Rewards are considered as one of the important things that you need to give to yourself especially when you attain those things that are worth rewarding. The following are some of the reasons and facts about rewarding yourself when you achieve your sober resolution this year.





## **The Facts and Reasons on How to Reward Yourself**

If a kid eats vegetables during his or her meal, he or she will be rewarded with a delicious dessert. At work, if you did a good job in a certain project, you will be rewarded with additional incentive on your salary. When it comes to weight loss issues, if you reach your desired weight, you want to reward yourself with the foods that you really love to eat since you already achieve your dream weight.

When it comes to sober resolution, if a certain individual completely achieves his or her goal, it is advisable that you reward yourself with full body massage or new trending clothes. It is a fact that rewards will make you feel better and more satisfied. It simply means that if you reward yourself, you will be satisfied with the great outcomes from your goals.

Rewards are also considered as one of the best forms of motivation. It is also very important that you choose your best reward in which you can gain the utmost benefits. One of the recommended rewards that you must give to yourself is a vacation package all over the different tourist destinations around the globe.

You can also treat yourself with a new hobby that will be useful for you throughout the year. It can be yoga session, cooking class, art class or dance class that will keep your mind and body busy as well as you will prevent from negative cravings and thoughts. It is also recommended to reward yourself with art involvement since art is considered as one of the perfect

ways to stay your mind focused. It also has the ability to express the other side of your personality.

It is also advisable to reward yourself with the fitness program, a gym membership and spiritual sessions that will greatly help you continue the success that you are experiencing in your life. There is a variety of fitness programs that are available in the internet that will help you stay mentally and physically fit.

Don't just focus on rewarding yourself with material things. It is more important to focus on rewarding yourself with a healthy lifestyle that you can make use throughout your life.

It is indeed that rewards can serve as your motivation. However, also bear in mind that there are also points in your life wherein you also need to go out with your comfort zone and discover the real and revealing beauty of life. Make sure to reward yourself wisely and let this rewards serve as your key toward achieving your upcoming New Year's resolutions in the future years.



# Chapter 6:

## *Make Sure to Stay Active and Busy*

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### **Synopsis**

Staying active and busy will provide you with peace of mind, tranquility and comfort living. Don't forget to engage yourself with some activities that will keep you busy. By doing this, you can avoid thinking of the negative thoughts that will be an obstacle for you to achieve your supreme sobriety. This is your right time to improve and begin your sobriety and rest assured that you will have the perfect year that you dreamed of.

It is very important that you engage yourself with active activities that will greatly help you focus on your goals. Most of the active activities have the ability to give you with benefits that will be helpful for you especially in achieving your goals in life.

The following are some of the activities that will keep you active and busy. These activities must be your top priority to stay on track with your objectives.

## **Activities to Keep you Active and Busy**

It is very important that you choose those activities that will give you excitement and fun. It is also advisable that you work out with a partner or buddy to add social pleasure while you are performing your workout activity. If you are exercising alone, you can also listen to music to avoid boredom.

### **Join Exercise Class**

While you are enjoying your supreme sobriety, don't forget to stay active and busy like joining to a certain exercise class that will greatly help you stay physically and mentally fit. Your exercise group will serve as your guide and motivation to pursue your goals.

### **Dancing Class**

Dancing sessions is also considered as one of the effective ways that will keep you active and busy despite the hectic schedule of your work. Start your year by registering to a certain dance class within your community. By doing this, you will not feel bored or lonely especially when you are alone.

### **Outdoor Sports**

You can also try to engage yourself to a variety of outdoor sports like volleyball, basketball, track and field, cricket, badminton and tennis. There are also sports programs that offer membership to those people who are

willing to be a part of their team. Most of the outdoor sports will provide you with fun, enjoyment and excitement that will keep you active throughout the year.

### **Joining Musical Team**

This kind of activity has the ability to provide you with enjoyment and fun especially. It is ideal for those people who really love to play musical instruments during their free time. By doing this, you will have the opportunity to meet and interact with different ranges of people, at the same time; you can express your feelings and emotions through music.



# Chapter 7:

*Change your Mindset about being able to indulge just a Bit*

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## Synopsis

Most of the sober New Year's resolutions that most people are creating nowadays will be usually abandoned after three weeks. Creating your sober resolutions is quite hard to follow and keeping your commitment and consistency with them is also difficult. It is very important that you change this kind of mindset. Having the right kind of mindset will help you in making your goals into reality.

If you have a plan today to set a certain goal that you want to reap in the coming days of your life, it is very important to consider that you also need to possess the kind of mindset that will be the key to your success. Goal setting is salient but you must also bear in your mind that goal achieving is the most important things that you need to consider in order to maintain and reach your sober resolutions.

The following are some of the important things that you need to take into account. These things play a very crucial role in your life as they are the ones that will let you find the ultimate way on how you can change your mindset in life. Without them, achieving the right mindset for the sake of your sober resolutions will be impossible.

## **Factors on How to Change your Mindset**

### **Increase the Goal Follow Through**

The obstacles that you will usually encounter in as you go and pursue on creating your sober resolution are the internal factors. It is indeed that life will lead you to the best path that is according to your laid plan.

For example, you are tired from doing plenty of office works today. On the other hand, you need to go to the gym as it is your usual habit. At first, you will find that it is difficult to do but if you are really sober with your resolutions, you will never let your tiredness to distract and force you to stop. You need to believe in yourself. Always believe that nothing is impossible and you can do it. Taking single steps at a time will lead you to the right direction where success is waiting for you.

### **Test your Sober Resolution**

Your sober resolution must follow the SMART acronym. You should never forget to do this or else all your efforts will be wasted. By doing this, you can easily change your mindset towards achieving your desired goals. The acronym SMART stands for Specific, Measurable, Attainable, Relevant and Timeline.

It is very important that you must be specific in changing your mindset. Your resolutions must be measurable. In that way, you will be able to determine and gauge the progress of your chosen resolutions and you can

figure out whether you are doing the right thing or if you need to exert more. Your goals must be realistic too. If you already want to achieve your sober resolutions, you can easily upgrade them into something that you never imagine before.

All your goals and resolution must be relevant in your life. You can do this by thinking about the things and values that are more important to you. The presence of timeline in your goal must also be visible and your resolutions must focus on open ended purpose and you must set a deadline for achieving each one of them.

Changing your mindset will give you the opportunity to achieve your sober resolutions and transform your whole life for better. The supreme sobriety must be your top priority in every step of the way.



# Chapter 8:

## *Eat Healthy to Help you Detox*

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### Synopsis

Detox is being characterized as the physical process for body and mind. It is also considered as one of the efficient recovery plans that have the power to maintain and achieve your long term sobriety.

The detox program is proven effective that will provide your body with health benefits. You can also add some of the detox foods in your diet if you prefer. The following are some of the healthy foods that will help you detoxify.



## **Healthy Detox Foods**

### **Flaxseeds**

It is typically found in fatty acids specifically in omega 3s. It has the potential in maintaining the normal function of your immune system and it is essential for cleansing functions. It will also help you in keeping the normal function of your brain. It is also responsible for the health of the cell that is within your body especially in getting the appropriate amount of fatty acids.

### **Almonds**

This kind of detox foods is rich in protein, magnesium, calcium and fiber that will help you stabilize your blood sugar and eliminate impurities from your bowel movement.

### **Kale**

It usually contains antioxidant and potent anti-cancer compounds that are responsible for cleaning your body and removing the harmful substances. It is rich in fiber that will help you have a healthy intestinal tract. Just like cabbage, the kale will also help you neutralize the compounds and substances that are present within your body.

### **Legumes**

It is high in fiber that will help you lower your cholesterol level, regulate your blood sugar and clean your intestines. It will also protect your body against illnesses and diseases like cancer.

## **Seaweed**

It is one of the underrated vegetables that are abundant in the western part of the world. According to a scientific study, seaweed will remove the radioactive waste that is present in your body. The radioactive waste is typically found in contaminated soil and it is considered as the sources of the power of minerals.

## **Lemons**

It is also known as liver detoxifiers. It is rich in vitamin C. This vitamin is one of the essential vitamins that your body should get to produce a compound called glutathione. The vitamin C that is present lemon will help you fight cancer and occurrence of cell damage.

## **Blueberries**

It contains aspirin that is responsible for preventing tissue damage and chronic inflammation. It will serve as antibiotics by blocking the bacteria in your urinary tract and to avoid infections.

## **Cranberries**

It has antiviral substances and powerful antibiotic that will protect your body from viruses and harmful bacteria that are within your urinary tract.

## **Beets**

It has a blend of natural chemicals and minerals and it has the ability to fight blood purifiers, liver cleansers and infections. It will also help you to boost your body's oxygen and it serves as a body cleanser. It also stabilizes your alkaline balance for healthy detoxification.

## **Avocado**

It contains glutathione that has the ability to lower your cholesterol level and block the toxics that are within your blood vessel. The presence of glutathione will help you have a healthy body and it will also help you avoid arthritis.

# Chapter 9:

## *Use Affirmations to Stay on Course*

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### Synopsis

The use of affirmations is considered as one of the effective and simple ways in achieving your sober resolutions. Affirmation is a kind of statement that is often repeated in your mind. Concentration is not totally required since the affirmations has the power to boost your perspective and thinking drastically.

The presence of affirmations towards achieving your supreme sobriety will play a vital role in maintaining sober resolutions. The following are some of the helpful ways and uses of affirmations that can help you in creating your sober resolutions.



## **Uses of Affirmations**

### **Affirmations will play a vital role in your Mental Chatter**

The mental chatter is considered as one of the stumbling blocks, complexities and difficulties that most people encounter today. The mental chatter is also being classified as the voice that is within your head that will keep on telling you that you can't do what you are capable of.

The affirmations are incredibly powerful especially during the moments that you experience anxiety, panic and fear. It does not require mentoring and coaching since the power is within you and needs to be developed.

### **Affirmations will Transform your Thinking Instantaneously**

Affirmations will help you focus on the positive aspects in life and you can immediately control of it. When you are in full control, you can easily feel relieve and when you feel powerless, your worries and fears will not be controlled. Don't focus on your fear but instead make use of affirmations since it will give you with a new focus.

### **Affirmations are Effective especially when Change is Difficult**

The real meaning of change comes with your thoughts, words and deeds. For example, your first thought is that you are finally tired of being obese and you must say you need to engage with fitness program in order to lose weight fast and get rid of your unwanted fats.

## **Affirmations will put you into the Driver's Place**

Affirmations have the ability to transform your life even without the presence of mentoring and coaching since it will give you with control and sense of authority. Affirmations will serve as your reminder that you are totally powerful.



# Chapter 10:

## *The Benefits of your Sober Resolution*

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### **Synopsis**

Each year, every individual creates his or her own sober New Year's resolution. Typically, a person wants to start a new beginning with clean slate.

The usual resolution of most people is to quit drinking, using drugs, participating with addictive behaviors that include gambling, sex, shopping, overeating and using video games.

If you completely reach your desired resolution, it is the right time for you to know the benefits of such sober resolution that will be helpful for the rest of your life. The following are some of the benefits of your sober resolution.





## **The Benefits**

### **Healthy Life**

This is one of the finest benefits that you can get in your sober resolution. If you take good care of yourself by means of healthy eating and having regular exercise, you will be more able to achieve your supreme sobriety.

### **Contentment**

Achieving your sober resolution can give you with contentment that you really deserve. Your sober resolution will also give you the opportunity to have a happy life together with your family, friends and colleagues. Contentment in life will serve as your key that you can easily determine that you finally reach your goals.

### **Satisfaction**

Reaching your sober resolution will give you the supreme satisfaction that you dream of. It simply means that you finally reach your desired goals and satisfaction.

These benefits are one of the usual benefits that most people are experiencing nowadays after turning their resolution into reality.