

**MY GIFT
TO THE WORLD
THIS HOLIDAY
SEASON IS MY**



12 TIPS FOR THE SOBER HOLIDAYS

- 1. Line up EXTRA AA activities. (Help on the phones, clean up after meeting, clean coffee cups, wipe down tables, set up and put away books, chair a meeting, fellowship after meetings, and EXTRA MEETINGS.)**
- 2. Be honest with yourself, friends, and newcomers, at home or at a meeting.**
- 3. Grab a new AA Phone List, Keep your sober contacts handy at all times.**
- 4. Find out about holiday meetings or celebrations in your area.**
- 5. Skip any drinking occasions you're nervous about, it is okay not to go.**
- 6. If there is one drinking occasion you can't skip take an AA friend, or let an AA friend know when and how long you are going to be there and make plans to do sober activities afterwards.**
- 7. Don't think you HAVE to stay late, you don't. (Plan an "Important date" in advance)**
- 8. Go to church, any church. Call your sponsor, pray, meditate.**
- 9. Instead of isolating or being alone, catch up on reading, walks, exercise, go to new meetings, stay active, fellowship, service work, find a book study, get involved.**
- 10. Don't dwell on Holiday Temptations: REMEMBER "One day at a time."**
- 11. Even if you can't give material gifts, enjoy the beauty of holiday love and spending time with good people.**
- 12. Carry the message! Give the joy away and it will be yours to keep.**

Happy, Joyous,



and Free-thinking

