

# Next Level Recovery

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 [nextlevelrecovery.com/keep-addiction-check/](https://nextlevelrecovery.com/keep-addiction-check/)

March 28, 2017

Recognizing you have a drug problem is a hard step in the recovery process. Likewise, staying sober after alcohol or drug rehab can be an equally difficult thing for most recovering users. However, if you set up a strategy and stick to it, recover is far from impossible.

Your plan of action shouldn't be a daunting list of impossible tasks, but a list of achievable goals leading to a sober and fulfilling life. Committing to a few small and simple tasks each day can seem meaningless, however, if your actions are genuine you will find that forging your new life is more enjoyable than it is hard.

----- HOW TO KEEP ADDICTION IN CHECK -----

# *A strategy for staying sober*

## TAKE CARE OF *Yourself*

• Exercise regularly



• Maintain a healthy diet



• Rebuild meaningful relationships



## REMOVE THE *Temptation*

• Cut out the toxic relationships in your life



• Avoid places or events involving addictive substances

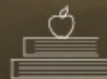


## FORGE *a new life...*

• Take up a new hobby



• Go back to school



• Find your passion



SOURCES:

<http://www.cleanandsoberlive.com/essential-tips-to-help-you-stay-clean-and-sober/>  
<http://alcoholrehab.com/addiction-recovery/staying-sober-is-easy/>

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