

John H's Relapse Prevention Plan

- Regularly go to former sober house to stay connected with the sober Community
- Continue 12-step work consistently each week
- Continue to sponsor people who need help with the Big Book, a AA book that features an array of topics to discuss at meetings, and all it entails.
- Attend sober events and fundraisers to raise money to help others in need like I was
- Keep up with AA meetings regularly
- Do not associate with past friends that still use
- Stay humble and grateful for what I have and what I've been working for
- Ask for help when I am struggling
- Keep up with all available amends I am able and willing to make
- Keep up with weekly inventory (personal self check-in)
- Be held accountable for my actions
- Lastly, pray for all those who are sick and suffering who haven't gotten the help they need