

15 simple suggestions that will help keep your recovery on track after treatment as adapted from www.skywoodrecovery.com

1. **Be honest with yourself.** You were addicted to alcohol and/or drugs and could be again, if you're not careful.
2. **Continue complete abstinence.** This isn't a matter of moderation, of self-control, or adherence most of the time. Recovery calls for a commitment to total abstinence every waking moment.
3. **Prevent relapse.** While minor lapses may occur (you're not perfect, but you're determined), you must avoid letting down your guard to surrender your power, your identity, to substances. Remember, people are more vulnerable to rash action when hungry, angry, lonely or tired (commonly referred to as H.A.L.T.); recognize the risk and be ready to cope positively.
4. **Test for other mental health conditions.** Many people with substance use disorders also have other health issues; those other conditions may contribute to a substance use disorder. If there is a mental or physical health condition present, this is referred to as having co-occurring disorders, and you should be treated for a "dual diagnosis."
5. **Seek and maintain a strong social support system.** To stay the course of recovery, you need to have a positive, drug-free social network. This may involve family therapy or group therapy to build bonds, or individual therapy to help build boundaries.
6. **Find drug-free environment.** Precautions must be taken to ensure your living and working situations feel safe to you, and do not lure you back into addictive behavior.
7. **Form a new, healthy lifestyle.** Naturally, with alcohol and drugs out of your life, new patterns of healthy living need to be practiced until they become your new habit. This will take time, and it may feel awkward or uncomfortable at first. But it can be done intentionally and successfully.

8. **Submit to post-treatment monitoring.** As a person with a history of substance use disorder (and possibly other complicating conditions), you should remain aware of the power of addiction. A sponsor or supportive sober person or program such as AA, NA, CR and others can help you remember your goals.
9. **Don't overcompensate.** With treatment hopefully behind you for good, you may have feelings of shame, guilt and sorrow for all that has been lost or damaged. Resist the temptation to set unrealistic expectations on yourself or overwork yourself; this might only lead to more frustration, anxiety and stress, which could pull you back into that old, familiar routine involving alcohol, narcotics or any addictive behavior.
10. **Improve your attitude.** You will find strength when you reflect daily on where you've been, what you've accomplished and the hopeful path you are now traveling. Expressing your gratitude will repair bridges that have been damaged and nurture a healthier mindset.
11. **Give more of yourself to others.** It is incredibly healing to help other people. Your involvement in 12-Step groups, church or service organizations will offer plenty of opportunity to give testimony, encouragement and to share your experience, strength and hope. By getting your mind off yourself, you may gain the fulfilling satisfaction of giving useful service to others.
12. **Educate yourself and loved ones.** Everyone wins when you are able to assist or encourage significant people in your life to join you in learning more about addictions and mental wellness. Family therapy, parenting groups, and even support groups can help you and your loved ones learn more. But use caution, don't be like the reformed smoker who after one week without tobacco is telling everyone else how they should stop smoking.
13. **Maintain hope and resilience.** We are all human. You are a work in progress. The lure to relapse into old habits and addictive behavior will always be out there; just hold your ground and keep doing your best.
14. **Embrace community and spirituality.** Consider expanding your sense of meaning and purpose in life by being an active part of a local community or religious organization.
15. **Use the 5 Fingers of accountability.** Maintaining open and honest communication with, **1.** Your Employer, **2.** Your Spiritual advisor, **3.** Your Recovery Group, **4.** Your Sponsor or Recovery Mentor, **5.** Your significant family members.