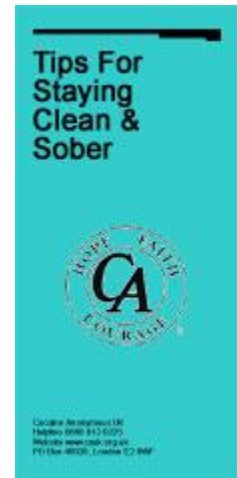


## Tips For Staying Clean And Sober

Here are some tips to help you stay clean and sober...

- Take the 12 Steps of Cocaine Anonymous
- Go to 90 meetings in 90 days
- Don't use between meetings
- Don't drink or use no matter what
- Throw away all your drug paraphernalia
- Get a sponsor
- Call your sponsor every day
- Avoid people, places and things that you associate with drug use
- Don't deal drugs
- Get phone numbers and use them
- If no one is home, and you're in trouble, call the Hotline
- Be of service; get a commitment at a meeting
- Go to coffee after meetings
- Remember that you don't have to stay sober the rest of your life. We only do this one day at a time
- Don't get too Hungry, Angry, Lonely or Tired (H.A.L.T.).
- If the connection calls, hang up
- Read the books and literature
- If you think of using, think it through--all the way through
- No matter what happens, keep coming back
- Seek a Higher Power
- Ask your Higher Power to keep you clean and sober each day
- Stick with the winners
- Ask questions
- Make sobriety your #1 priority
- Be Honest, Open-Minded and Willing (H.O.W.).
- Don't be hard on yourself, recovery takes time. We care



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