

SURVIVAL TIPS FOR LAWYERS STAYING SOBER, SERENE AND SANE!

- 1** Don't take a drink today. Stay in today. One day at a time is a good way to live. Stay committed to recovery one day at a time.
- 2** Ask for help when you need it. Call TLAP at: 800-343-8527 and use Lawyers Concerned for Lawyers (LCL) groups for support.
- 3** Go to meetings, both AA and LCL or another 12-step program. Look for other lawyers in recovery and identify those who have good recovery. Hang with the winners! Suit up and show up.
- 4** Check the control issues! Control freaks drink when they can't control. Sober lawyers don't have to be in control.
- 5** Remember that recovery is progress, not perfection. Don't continually beat up on yourself.
- 6** Clean your side of the street then stay on your side of the street. It helps to get guilt and shame out of your life.
- 7** Do the next right thing. Exercise – it's good for your health and your self-esteem. Find a hobby and devote time and attention to it. Make the bed, do the dishes and focus on whatever you're doing.
- 8** Make a gratitude list—it will show you that things probably aren't as bad as you think they are and could be a whole lot worse!
- 9** Meditate and pray. It doesn't have to take a lot of time. Just do it.
- 10** Don't isolate. You are not alone and help is available from others who have walked the same path and care a lot about you.
- 11** HALT – don't get too hungry, angry, lonely or tired.
- 12** Take action and leave the results up to a power greater than yourself. Reach out to newcomers.



**TEXAS LAWYERS'
ASSISTANCE PROGRAM**
Confidential. Respectful. Voluntary.

1-800-343-8527 (TLAP) | tlaphelps.org

All communication with TLAP is confidential pursuant to Texas Health & Safety Code §467.