7 Practices of Highly Successful Sober Women

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Welcome!

I’m Curious
Maybe ???

You want more education and understanding of addiction and recovery.
Maybe???

You know someone who is struggling with addiction and want to help.
Maybe?

You are in recovery and you want to more out of life and your sobriety!
Maybe?

You are in recovery and you are miserable or unhappy. 😞
Maybe???

You have relapsed and need some guidance.
And..... Maybe?

Someone gave you the choice to attend this webinar or go to the dentist for a root canal.
You have all landed at the right place at the right time!
Why am I here?
Before Recovery
Today in Recovery
Total U.S. Drug Deaths

More than 64,000 Americans died from drug overdoses in 2016 -- 64,070

Source - NIDA
In comparison, more than 58,000 US soldiers died in the entire Vietnam War.

There are still more than 20 million people in the U.S. struggling with untreated substance use disorders.

Relapse rates all time high.

Women still fall far behind men in getting the help they need.
Change Happens
23 Million People in American in Recovery from Addiction
#1 We Will Cover

- 7 Secrets commonly practiced by women who are leading successful and happy lives in recovery.
# 2 We Will Cover

- Inspiring stories and explain how each principle can be applied to create success in sobriety.
#3 We Will Cover

- For every principle, a key stumbling/road block to recovery will also be addressed.
#4 We Will Cover

- Learn practical tools and valuable resources to overcome roadblocks.
Q & A

Answers
Success?

Definition

Accomplishing an aim or purpose.

Synonym – effective, flourishing.

My definition
#1 - Highly Successful Sober Women Take 100% Responsibility for Self
Stumbling Block to Taking 100% Responsibility for Self

- Self-pity

- Poor Me, Poor Me, Pour me another drink.
Stumbling Block to Taking 100% Responsibility for Self

- Waiting for someone to rescue.
- Knight in Shining Armor.
- Rescuing others.
Stumbling Block to Taking 100% Responsibility for Self

- Blame
- Point finger
Highly Successful Sober Women
Take 100% Responsibility for Self by:

Looking in the Mirror.

 Know they are responsible for their own happiness.
Highly Successful Sober Women
Take 100% Responsibility for Self by:

• Speaking their truth.

• Have found their voice.

• W.A.I.T.
Highly Successful Sober Women Take 100% Responsibility for Self by:

• Staying out of the pig pen.
#2 Highly Successful Sober Women Have a Positive Attitude & Perspective
Roadblock to Positive Attitude & Perspective

Worrying is like praying for the worst outcome.
Roadblock to Positive Attitude & Perspective

• False
• Evidence
• Appearing
• Real
Roadblock to Positive Attitude & Perspective

Stinking Thinking
Highly Successful Sober Women
Create a Positive Perspective & Attitude

• “Most folks are as happy as they make up their minds to be.”
Highly Successful Sober Women Create a Positive Perspective & Attitude by:

Staying in the Moment.
Highly Successful Sober Women Create a Positive Perspective & Attitude by

- Changing the station.
- Turning volume down.
- 60-80,000 thoughts per day.
- 90% are the same from yesterday.
#3 - Highly Successful Sober Women
Develop an Attitude of Gratitude

Gracias  Danke
Thank You  Grazie
Merci  Xie Xie
Stumbling block to Gratitude

The Disease of
More
More
More
More
Gratitude and the Wolves
To compare is to despair!
Tools to Create Attitude of Gratitude

Daily Gratitude List
Tools to Create Attitude of Gratitude

- Focus on the good.
- Look how far you have come.
- You are sober!
#5 - Highly Successful Sober Women Have a Daily Spiritual Practice
Stumbling Block to Spirituality

• Mis-introduced to God.
• Too smart.
• Fear of unknown.
• Closed minded.
Highly Successful Sober Women
Tools for Spiritual Growth
Highly Successful Sober Women
Tools for Spiritual Growth

- Nature
- Outdoors
- Quiet Time
Highly Successful Sober Women
Tools for Spiritual Growth

• Open minded.

• Continue to seek.

• Restore Your Spirit.
#5 Highly Successful Sober Women Have Fun – Find New Passions!
Roadblock to Having Fun

• Don’t know what fun is without drugs and alcohol.
Roadblocks to Having Fun and Finding Passions

• Afraid to try new things.
• Afraid to leave their comfort zone.
• Fear of Failure
Roadblocks to Having Fun and Finding Passions

• They explore and try new things.
• Join a club.
• Try a new sport.
Highly Successful Sober Women Tool to Having Fun and Finding Passions.

• Take a class.
• Buy some art supplies.
• Take up a new hobby.
#6 Highly Successful Sober Women Build Community/Support System
Roadblock to Building Community

• Can’t Ask for HELP!

Shame .....  
• Should  
• Have  
• Already  
• Mastered  
• Everything
Roadblocks to Building Community

• Loneliness
• Isolation
Roadblocks to Building Community

Gossip ~ Clicks ~ Jealousy ~ Lack of Trust
Tools to Create Attitude of Gratitude

Gratitude is an action word!

Reach Out & Give Back
Highly Successful Sober Women Build Community by..... Picking up the Phone
Highly Successful Sober Women Build Community by..... Sticking Together
Highly Successful Sober Women Build Community by.....

Reaching out to help other women still suffering.
Highly Successful Sober Women Don’t Drink/Use No Matter What.
Roadblocks to Not Drinking/Using

• Resentment
• Untreated Mental Health Issues.
Highly Successful Sober Women Don’t Drink/Use No Matter What!

Practice these principles in all areas of their lives and live a life beyond their wildest dreams!
My Contact Info

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Gracias  Danke
Thank You  Grazie
Merci  Xie Xie
Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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