**Maintaining Progress**

Because recovery is new to you, it is important to gain a thorough understanding of yourself, your choices, and the associated consequences of those choices. Seek to understand how and why some sources of support are helpful to your recovery and some are not. Keep the following points in mind to help you maintain recovery progress.

1. Always practice good self-care behaviors
   1. Adequate sleep
   2. Good nutrition
   3. Regular exercise
   4. Positive leisure activities
   5. Relationships that support your recovery
2. Positive reinforcement
   1. Positive, rational, and realistic thoughts and feelings “keep your cup half full”.
   2. Relaxation coupled with positive affirmations
   3. Review successful efforts
3. Positive feedback: focus on what is right and what works. This can be done by apprising daily experiences:
   1. What was helpful pleasing
   2. What you learned from approaching things differently
   3. Accept what you cannot control or change
   4. Do something about things you can change
   5. Positive use of feedback from meetings, sponsor, or others in your support group
4. Develop realistic expectations and limitations
   1. Acknowledge what you do not know and need to learn
   2. Take responsibility to learn and make appropriate changes
   3. Accept that personal growth continues throughout your life
5. Acknowledge and accept that there are a lot or resources available to support recovery, but that you are responsible for you.

Keeping a journal to maintain a log of experiences, how you respond, and what you learn from each experience is a very helpful sill for building a strong recovery.