

**Now that you've  
stopped**



**Helpline 0845 769 7555**

**Now that you have stopped drinking, your main problem is not to start again. Here are a few practical tips, based on the experience of others, that should help make this easier for you.**

- 1 Eat as much as you can. You will feel less likely to want a drink on a full stomach.
- 2 If you do get a craving for a drink, this may simply be due to the body's demand for liquid, which is often very strong. So drink plenty — provided it's not alcoholic. Fruit juices with glucose, tea or coffee with plenty of sugar will best satisfy your body's need for plenty of liquid.
- 3 Alcohol destroyed your limited supply of Vitamin B. Take plenty of vitamin tablets, especially those containing Vitamin B compound. They can be obtained without prescription, are not habit-forming and are quite harmless.
- 4 A feeling of depression can be the result of being physically out of sorts. Keep your system regular.
- 5 Never sit gazing into space with your mind a complete blank. Do something, anything positive. (a) Go for a walk. (b) Take a bath. (c) Have a shave. (d) Do a bit of gardening. (e) Clean your shoes. (f) Make a phone call, etc. etc. Any of these will break the moody period.
- 6 The phone is your surest link with AA help. Use it *at any time*. The person you contact may need your call as much as you do. So never hesitate to ring.

- 7 Have a plan for your day. Don't just muddle through. You may not be able to carry it out but do your best.
- 8 Easy does it. Alcoholics tend to try and do too much too quickly.
- 9 First things first. Get your priorities sorted out, remembering always that sobriety takes precedence over everything else.
- 10 Losing your temper is a luxury you can't afford. Remember it's even possible the other person could be right, so be tolerant and avoid emotional disturbance.
- 11 There is no problem which a drink will not make bigger, so keep all yours down to their true size by staying sober.
- 12 In times of difficulty when you can't get the help, the Serenity Prayer said to *your* God as *you* understand Him will bring you sufficient confidence to cope. *He is always available.*



Approved by  
The AA General Service Conference in Great Britain

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