

Visit 22 - Support for Quitting

Support for Quitting



Social Support to Stop Drinking

One potential challenge when people stop drinking is rebuilding a life without alcohol. It may be important to:

- Educate family and friends.
- Develop new interests and social groups.
- Find rewarding ways to spend your time that don't involve alcohol.
- Ask for help from others.

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Social Support to Stop Drinking Continued....

When asking for support from friends or significant others, be specific.

This could include:

- Not offering you alcohol
- Not using alcohol around you
- Giving words of support and withholding criticism
- Not asking you to take on new demands right now
- Going to a group like Al-Anon

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/social-support-friends-and-family>

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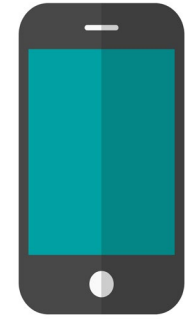
Social Support to Stop Drinking Continued....

Consider joining Alcoholics Anonymous or another mutual support group.

Recovering people who attend groups regularly do better than those who do not.

Groups can vary widely, so shop around for one that's comfortable. You'll get more out of it if you become actively involved by having a sponsor and reaching out to other members for assistance.

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Reminder Strategies

Change can be hard, so it helps to have concrete reminders of why and how you've decided to do it. Some standard options include carrying a change plan in your wallet or posting sticky notes at home. Also consider these high-tech ideas:

- Fill out a [change plan](#), email it to your personal (non-work) account, store it in a private online folder, and review it weekly.
- Store your goals, reasons, or strategies in your mobile phone as short text messages or notepad entries that you can retrieve when an urge hits.

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Reminder Strategies Continued....



Set up automated mobile phone or email calendar alerts that deliver reminders when you choose, such as a few hours before you usually go out. (Email providers such as Gmail and Yahoo mail have online calendars with alert options.)



Create passwords that are motivating phrases in code, which you'll reinforce each time you log in, such as 1Day@aTime, 1stThings1st! or 0Pain=0Gain.