EMERGENCY!

FREAKING OUT?
FIRST DO THIS:

1. Sit down.
2. Breathe slowly.
3. Relax your face, shoulders, stomach.
4. Focus on your body.
5. Recognize that you are not dying.
(repeat as necessary)

THEN

6. Pray for relief.
7. Find the story that's upsetting you.
8. Recognize that it is only a story, and
9. Let it go.

ONCE YOU CALM DOWN A BIT

10. Call another alcoholic, talk about it.
11. Get to a meeting.
12. Reach out. Ask for help.

DO NOT!

- **DON'T** drink or use!
- **DON'T** go near your old bars!
- **DON'T** call non-AA friends for advice!
- **DON'T** isolate yourself! **This is vital.** Running home is not "taking care of yourself."

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