

Nurturing Activities

Sobriety will not remain in the face of constant deprivation. Nurturing is important to make up for past deficits and to provide for current needs.

Categories	Your nurturing activities
<p>A. People</p> <ol style="list-style-type: none"> 1. Being around people who support you and believe in you 2. Sponsor/therapist 3. Family 4. Friends 5. Dating/romance 6. Coworkers 7. Entertaining 	
<p>B. Places</p> <ol style="list-style-type: none"> 1. Calm and serene places 2. Places that inspire you 	
<p>C. Things</p> <ol style="list-style-type: none"> 1. Pictures of recent and past healthy good times 2. Favorite belongings...(including teddys) 	
<p>D. Pets</p>	
<p>E. Stress reducing behaviors</p> <ol style="list-style-type: none"> 1. Exercise 2. Meditation 3. Eating well 4. Reading 5. Hobbies/recreation 6. Journaling 	
<p>F. Other</p> <ol style="list-style-type: none"> 1. 	