

Tips for Trips



In Recovery



So you're going to travel!

Travel can be lots of things...from vacation fun to business tedium. In any case, being away from home presents unique challenges and opportunities for recovery.

In the past travel may have been a favorite opportunity to have “a little addictive fun” because of the extra privacy and time that travel brings. It doesn't have to be this way.

Recovery is 99% about anticipating problems and 1% about getting yourself out of a bad place. Prevention is far more important than rescue. A little planning can make your next trip much more enjoyable...and productive for your recovery.

- When it comes to travel, the best defense is definitely a good offense. Plan an active, full life while being on the road.
- Determine to have a positive “experience” of your destination—of both the location and people. Take time to read in advance to learn what is interesting about the area's history. If the only thing you know about when you arrive is your addiction, then that may be what you do. This is also true for business trips to “uninteresting” places...every place has a culture.
- *Don't* make sobriety a choice between acting out and staying alone in your hotel. Plan an outing that is fun and will provide a happy memory...a play, concert, or ball game.
- Be prepared to spend a little money on your food...eat well and don't feel deprived. Let a meal be a special occasion.
- Plan in advance for difficult situations. Ask for pornographic movies to be turned off in your hotel room when you check in. Make a pre-planned call to your sponsor to confirm that you have done this.
- Don't let yourself feel too far from your support network. Keep a phone list in your wallet and make phone appointments before you leave home...share successes and disappointments throughout the day if necessary.
- Twelve-step meetings in other cities can be a source of support and a great way to make new friends. Get a meeting list ahead of time with maps from Google, or call for a ride to a meeting before you leave home. Attend a meeting early in your trip and have a meal later with a new acquaintance from the meeting. Perhaps you'll find a sightseeing guide!
- Have some fun shopping. Buy a souvenir or even a “regular” purchase. Buying a needed shirt when traveling does not cost extra and can be a pleasant reminder of your trip. Travel is also a great time to do Christmas or birthday shopping.
- Learn to meditate, and if you get toxic s-l-o-w d-o-w-n and practice your meditation.
- Don't be anonymous at your hotel. Be personable with the staff and other guests. You may learn something interesting to do or have a meaningful conversation.
- Use the trip for personal or family planning. You can review your recovery plan or read a recovery book. Use it as well-earned time to relax and think about the current direction of your life or plan your next personal or family vacation.
- Give your inner kid some time on the trip. Go see a “kids movie” or visit the local zoo if there is one. Visit a toy store or an ice cream shop, or explore an old hobby. Don't be shy!
- Find “your” coffee shop or special place to go while at your destination. Create a sense of home even while away for a short time.
- Watch your cash availability if prostitution or drugs is a problem. If necessary, get a credit card with a low limit that doesn't allow cash advances.
- Plan, plan, plan your trip...to be safe, fun, educational and relational.
- And finally, if you're going to be on the internet while on the road consider a little reading at...

Dr. Bissette's website	HealthyMind.com
Dr. Bissette's blog	HealthyMind-blog.com
Sex Addicts Anonymous	www.sexaa.org
Sexual Compulsives Anon.	sca-recovery.org
Sex & Love Addicts Anon.	www.slaafws.org
Sexaholics Anonymous	www.sa.org

“Tips for Trips” was written by Dr. Bissette and can be found at <http://HealthyMind.com/tips-trips.pdf>

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*Group and Individual
Psychotherapy for Sex Addiction, Other
Addictions, Anxiety, Depression & Relationships*

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