

Alcohol and Drug Affirmations



I take one day at a time

I do one thing at a time

I choose to move away from alcohol/drugs

I know I will be proud of myself when I'm straight and sober

My body and mind will feel better immediately when I stop using alcohol/drugs

I will be more successful when I quit drinking/using drugs

I am creating exciting things to do that are not related to alcohol/drugs

It will be great to wake up being free of a hangover or a foggy brain

I am beginning to forgive others for the hurt they have caused me

I beginning to forgive myself for any wrongs I have committed

I take time to see, sense and imagine myself straight and sober each day

I "fake it" till I make it -- and I know one day I will "make it"