



**BIG
ISLAND
SUBSTANCE
ABUSE
COUNCIL**

Inspiring Change, Reclaiming Lives

I want information for a Recovering Person

Ask yourself these questions if you are struggling with maintaining your sobriety:

1. Are you lonely?
2. Are you seeking positive relationships?
3. Have you become complacent? Overconfident?
4. Are the holidays approaching?
5. Are you stressed?
6. Did something happen that is making life difficult to deal with? (Job loss, Relationship trouble, divorce, death of a loved one, etc.)
7. Are traumatic memories and experiences making life a challenge?
8. Have you been triggered lately? (By people you used to use with or places you used to go to while using?)
9. Do you need to strengthen your coping skills?
10. Is being healthy important to you?

If you answer “yes” to any of these questions you may need help

- Recovery is a lifelong process
- You are not alone
- Hope, help and support are available
- Inform your sponsor or sober support network of your circumstances
- Go to AA/NA meetings. See calendar listings on the BISAC website for meeting schedules
- Schedule assessment and attend assessment to determine eligibility

WE CAN HELP YOU WITH THIS.

Contact via telephone or web site. (808) 935-4927. Your call is confidential.