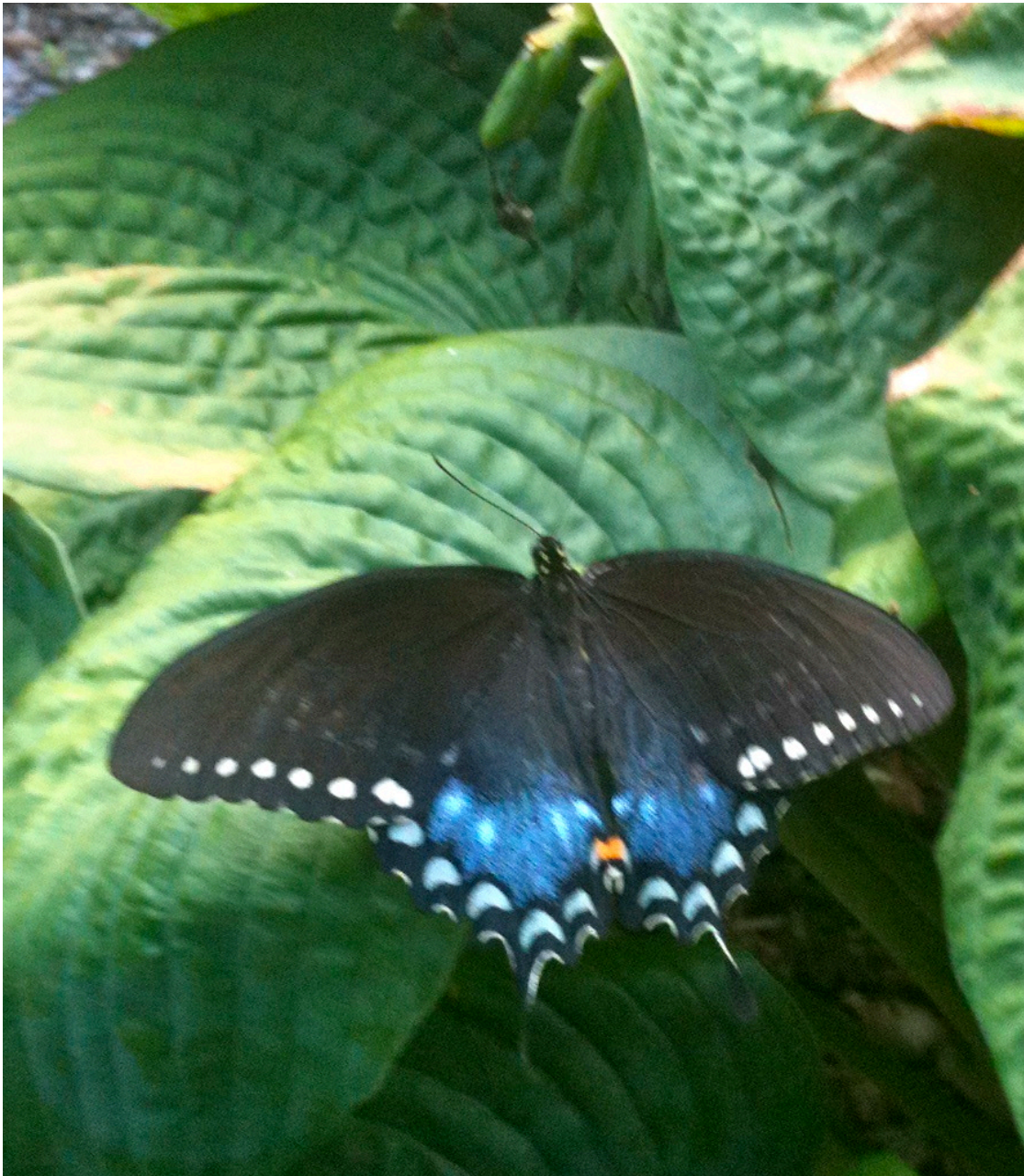


DON'T PICK UP NO MATTER WHAT



The butterfly counts not months but moments
and has time enough.

R. Tagore

go to a meeting

pray

go to the zoo

ride a motorcycle

nap

work a step

play wii

use your phone list

read 12 step literature

If nothing ever changed
there'd be no butterflies.

Unknown

help someone else

go for a drive

call a friend in recovery

listen to music

call your sponsor

see a movie

get out of your head

take a walk

meditate

cuddle with a pet

take it easy

ride your bike

change your self talk

call an accountability partner

You don't have to use, just for today.