

the Six Sobriety Goals

- Test clean.** Being “Clean” is not the same as being “sober” -- but of course recovery all starts with being clean.
- Commit to sobriety.** Plan on and commit to remaining totally drug-free now, and permanently in the future.
- End associations with using friends.** In Arizona 1 out of 4 teens uses drugs. Three out of 4 do not. When a teen says “all my friends are doing it” — that means he has chosen the wrong peer group.
- Develop a new identity.** Move through the Stages of Change and redefine yourself as a person who does not use addictive substances.
- Develop a new sober lifestyle.** “Clean” just means that you could pass a drug test at this one moment in time. “Sober” means you have made all the lifestyle changes necessary to stay clean.
- Complete critical ASAP work:**
 - Successfully complete all 30 sessions
 - Full and appropriate participation in group therapy
 - Homework assignments completed
 - Relapse Prevention Workbook completed