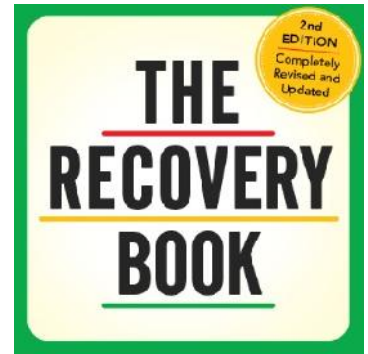


The Recovery Zone System™ & Recovery Wristbands

from
***The Recovery Book:
Answers to All Your Questions About Addiction and Alcoholism
and Finding Health and Happiness in Sobriety***



The Recovery Zone System™ is a road map for your life in recovery. It divides your recovery journey into three distinct zones (Red, Yellow, and Green), and gives you clear guidance on *when* and *how* to address various areas of your life, including treatment, fellowship activities, relationships, school, health and more.

Wearing a wristband will help you remember where you are in your journey. Let it be a reminder to stay sober, avoid temptations, and follow your program in cooperation with your sponsor or other advisor.

~~~ The Red Zone: Stop. Activate your recovery. ~~~

For your first eighteen months or more of recovery, you need to focus first and foremost on saving your life. Nothing else is as important. Nothing. School, relationships and other parts of your life will have to wait.

Red Zone Wristband: When you're in the Red Zone, your brain is not yet healed and you may not be thinking very clearly. Let your red wristband remind you to *stay sober* and *avoid anything that could lead to relapse*. While you wear it, do not make any decisions on your own; consult your advisor about everything. And do not take the wristband off until he agrees you are ready to move into the Yellow Zone.

~~~ The Yellow Zone: Proceed with caution. Build your life. ~~~

Once you have a solid eighteen months or more of sobriety, you'll move into the Yellow Zone, where you can work on rebuilding your life (relationships, jobs, etc.) and making your life more fulfilling.

Yellow Zone Wristband: Life is much better now, but you need to *always* remember that you are in recovery. Let the Yellow Zone wristband be your reminder.

~~~ The Green Zone: Go. Celebrate your life. ~~~

Once you have a few years of sobriety behind you, and have rebuilt your life, you'll move into the Green Zone. You will focus on living as long as you can, and also on helping others find recovery.

Green Zone Wristband: Life is great now, but you can't ever forget you are in recovery. Wear the Green Zone wristband as a small reminder to stay sober. And go back to Red Zone as needed.

~~~ Recovery Zone ReCheck ~~~

Once you have a solid recovery underway, and are out of the Red Zone, you'll still have challenging days. When that happens — maybe you're facing surgery or divorce, or you're just feeling vulnerable — put your Red Zone wristband on again. Ramp up your program, return to your Red Zone priorities, consult with your advisor on all decisions, and again, don't take the wristband off until he agrees you are out of the woods.

Read more about the Recovery Zone System™ at TheRecoveryBook.com

Get the first two chapters of The Recovery Book *free*: bit.ly/TRBAmaz2