

# I Can Stay Sober

I can stay sober.  
I don't have to relapse.  
I never need to go back out there;  
I can stay here—there is a solution.  
I can stay here and stop running;  
I can stay here and start saying yes to life.  
I can find a Higher Power to rely on.  
I can find some peace and find out who I really am.  
I can make a decision and make some changes.  
I can make some new friends—  
And make amends to my old ones.  
A lot of addicts will go back to using, but I don't have to.  
Not if I get a sponsor and get to work.

Take a deep breath...  
If I can accept the truth and put away my fantasy,  
If I can ask for a little help,  
If I can take these suggested steps,  
One day at a time, I will be free.

(Groups may change this reading to the “We” version at their discretion)



*CMA Conference Approved Literature*

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