

StartBupe -- Celebrating Your Recovery (Milestones)

March 16, 2024

The tips listed below are to be combined with watching the video “[Celebrating Sobriety Milestones](#)” from Rehealth. If you have not yet watched the video our counselors picked out for this topic, please watch [here](#).

When you approach your first major milestone in recovery, you might feel apprehensive or anxious, thinking about “what if” scenarios rather than celebrating your achievement, whether you’re considering 1 week, 1 month, or 1 year a major milestone.

We’d like to challenge both new and old patients in MOUD therapy to reflect on their journey so far and perhaps use one of the ideas below as a way to add some positivity to your recovery, whatever stage her or she might be in.

1. Reward yourself – this doesn’t necessarily have to cost much. Some ideas are going out to your favorite restaurant or trying something new that you’ve never had before. Go out with your support group for a sober outing like a movie, sporting event, outdoor activity, etc.

2. Thank your support system – write messages/letters to your support system thanking them for helping you. This can be a simple text message or email. However, devoting time to a handwritten letter might be a special touch to consider for the special ones.

3. Make a gratitude list – this can be a separate step on its own in recovery but making a list of what you appreciate that you still have after active use, or what you’ve re-gained in your recovery, or what you’ve newly acquired in your life (relationships, friends, family, health, job or career, a home, etc).

4. Pay it forward – this is one of Dr. Raads favorites – if you’ve had at least one periodic follow-up with him, he will likely have asked you if you’ve talked to others starting out in recovery, or if you’d consider it as a way to spread awareness and understanding that the individual is not alone in recovery – that there is a community involved. This can also be non-recovery related in a simple act of kindness to a stranger or volunteering in your community.

Some content adapted from Jackie Rosu’s Feb 27, 2024, article “[Celebrating Recovery Milestones: 7 Ideas and Inspirations](#)” at Never Alone Recovery