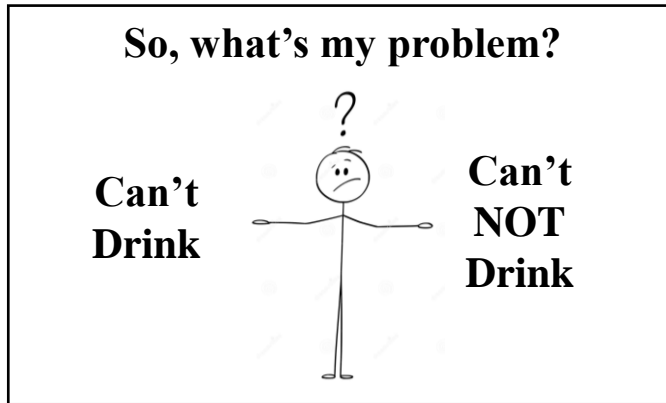


Sunrise Zoom Group

Beginners Just For Today

Week 1: Practical Sobriety

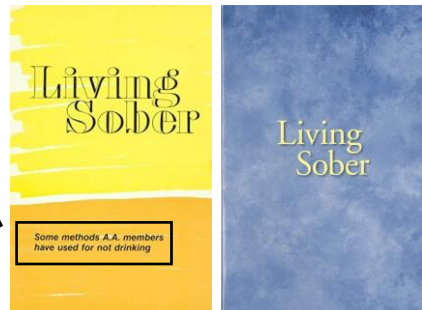
“...treatment primarily involves not taking a drink...”
-American Medical Association



Focus for Today:

- Ch. 3 – Using the 24-hour plan
- Ch. 10 – Making use of “telephone therapy”
- Ch. 11 – Availing yourself of a sponsor
- Ch. 29 – Going to A.A. meetings

Some methods A.A.
members have used for
not drinking



The 31 “chapters” in this booklet cover practical aspects of staying away from the first drink. Most chapters are only 1-2 pages.