



## What To Do When

As we move along the recovery pathway towards emotional sobriety, we are presented with challenges that provide the opportunity for us to heal and grow. Initially, these situations can “knock us down” and leave us feeling wobbly.

Here’s what to do when this happens:

1. Find a safe place or person with whom you can share (e.g. contact your coach or mentor).
2. Where possible, delete all commitments for the next 24 hours.
3. Put yourself into your own Emotional Intensive Care Unit (EICU).
4. Watch my YouTube on [Surviving a Slump](#).
5. Cocoon yourself:
  - a. Pull the curtains
  - b. Turn off all technology and forms of communication
  - c. Have a bath
  - d. Cry and feel the emotions (sit with being uncomfortable)
  - e. Play soothing music.
6. Most importantly, allow the ‘fog’ to lift organically, i.e. do not force yourself to do anything. Absolutely nothing stays the same. This too shall pass.