

# Insights for Your First Year of Sobriety

## 1. Day One After Quitting

That first step is the hardest, but if you can accomplish your goal of going 24 hours without alcohol, then you can do anything. One day without alcohol will build a foundation of faith in yourself that you can continue to build on in your recovery journey.

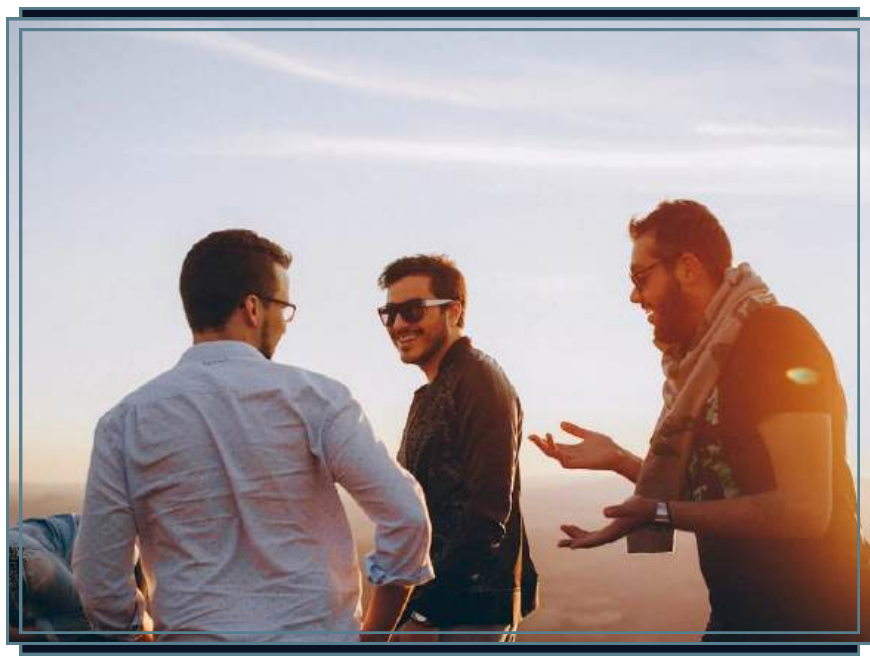


## 2. Three-Day Mark

After three days without alcohol, you have reached an incredible milestone. At this point, the withdrawals may start to subside, and you may begin to feel like the version of yourself that you have missed. The timeline differs for everyone.

## 3. One-Week Mark

After one week, your body is starting to heal the effects that heavy drinking had on your body. Your risk for seizures and heart disease will decrease. At this point, your blood pressure will likely start to decrease, and your heart won't have to work as hard.



## 4. One-Month Mark

Hitting that one-month mark feels AMAZING! Not only is it a huge accomplishment, but you will likely feel physically, mentally, and emotionally incredible. Withdrawal symptoms are typically in the rearview mirror at this stage, and you will likely notice a shift in your overall well-being and mental state.

## 5. Six-Month Mark

If you're in an Alcoholics Anonymous group or at an alcohol rehab center, gaining your six-month chip will feel like climbing half of Mt. Everest. You did it, even when it seemed impossible. Your liver function will likely have improved dramatically, and you will likely be less at risk for cancer.



## 6. One-Year Mark

Hitting the one-year mark of sobriety is a monumental, joyful milestone. It's a testament to your dedication, strength, and faith. In addition, the one-year mark might be when you notice you don't need as much intervention and tools to stay sober. You might reduce your therapy appointments and feel less dependent on your support groups and sponsors.