

FOBF 90 Days to Freedom Sobriety Decision Statement

The suggestions:

- Sobriety #1 priority each day (Define “sobriety” with sponsor)
- Willingness to “go to any lengths”
- Willingness to be “fearless and thorough from the very start”
- Minimum one AA meeting per day. (no other program meetings for this 90 days)
- Call sponsor every day at mutually agreed upon time
- Meet sponsor at least once week for 60 minutes (more as needed)
- Complete all 12 Steps in this 12 week period
- Read BB page 86 third paragraph each morning, on knees, and follow instructions
- Read BB page 86 second paragraph each night at bedtime, on knees, and follow instructions (consult sponsor before taking any specific actions that come from this nightly meditation time)
- During any day, if agitated, read BB page 87 last paragraph. Call sponsor.

The results (guaranteed):

- “The Promises” (See BB page 83 last paragraph, page 84 continued)

Sobriety statement (definition)

I, _____, agree to abstain from.....

- 1) Alcohol
- 2) Drugs
- 3) _____
- 4) _____

.....to the best of my ability, one day at a time, during the period of this path to freedom as described above.

X_____

Date:_____