Discovery Point Retreat in Dallas Publishes New Article on Setting Realistic Goals For 2020 For Sober Individuals

December 20, 2019

December 20, 2019 -
Dallas Texas. The New Year is fast approaching, and Discovery Point Retreat in Dallas Texas wants to make sure people in recovery are setting the right New Year?s resolutions. This facility, located in Dallas TX, is aware of how difficult it is to go through the holiday season, especially for those who are dealing with substance abuse. They want to make sure that anyone struggling with staying sober can set realistic resolutions and thrive in the New Year. Read the article here, https://sites.google.com/view/dallasaddictioncenters/setting-new-years-resolutions-2020-for-sobriety.

If someone is newly sober, the triggers and temptations that surround them during the holiday season can get overwhelming. During the New Year celebrations, people tend to overindulge in food and drinks.

Discovery Point Retreat reminds people in recovery that the New Year is not a time of despair, but a new beginning. It should bring new hope, especially for those who have recently achieved sobriety. Maintaining it is, therefore, a matter of sticking with the right resolutions.

A good New Year?s resolution is one that is transformed into a concrete plan. A resolution is something that states one?s objective. For example, a person in recovery might state their wishes to remain sober in 2020. A goal is something more solid because it involves a plan. Following the SMART framework for goal setting is a good starting point. SMART stands for specific, measurable, action-oriented, realistic, and timely.

Before the New Year arrives, create a goal that is specific and measurable. Create a strategy on how one can avoid triggers, temptations, and anything that stresses one out. The goal should be realistic, or else it will only discourage one if the goal is not accomplished

Because of everyone experiences addiction in their own way, the goal should also be tied to the recovering individual?s personal experiences and struggles.

Exercising regularly, even just for 30 minutes a day, is one of Discovery Point Retreat?s suggestions when it comes to daily goals. It is realistic, action-oriented, and definitely measurable. As the body becomes more fit, it also becomes healthier, and in turn, it becomes much easier to stay focused on staying sober. Staying healthy and taking care of the body can lead to great results.

People struggling with substance abuse and addiction can also make it their goal to attend more AA meetings, support groups, or therapy sessions. They may also learn a new sober hobby so that they have something to channel their energy into that is not harmful or addictive.

Cooking classes are great, especially because there are so many celebrations during this time of the year. It would feel amazing to be able to prepare one?s own dishes and meals, try out new recipes, and have loved ones taste them.

It does not have to be cooking: it can be any hobby that does not involve drugs or alcohol. Fun sober friendly activities could be film viewing, sports, reading, hiking, writing, etc. As long as the hobby brings out one?s inner passion while remaining sober, it is good. In the long run, this will be extremely beneficial to one?s recovery process.

Discovery Point Retreat, which offers world-class drug rehab in Dallas Texas, proves that nobody has to go through this struggle alone.

Even though the New Year is something people look forward to, there are many who worry about what the future brings. So in order to stay ahead and stay sober, be sure to plan strategically, set goals, and channel one?s energy into something beneficial.

###

For more information about Discovery Point Retreat - Alcohol & Drug Rehab Dallas, contact the company here:Discovery Point Retreat - Alcohol & Drug Rehab DallasGreg Powers469-643-4022gpowers@discoverypoint.com6500 Greenville Ave Suite #770, Dallas, TX 75206, United States

Discovery Point Retreat - Alcohol & Drug Rehab Dallas

Discovery Point Retreat in Dallas Texas is the leading addiction treatment center in the great Dallas, Fort Worth area. Specializing in outpatient and inpatient therapy for alcohol drugs and RX addiction.

Website: https://discoverypointretreat.com/

Email: gpowers@discoverypoint.com

Phone: 469-643-4022