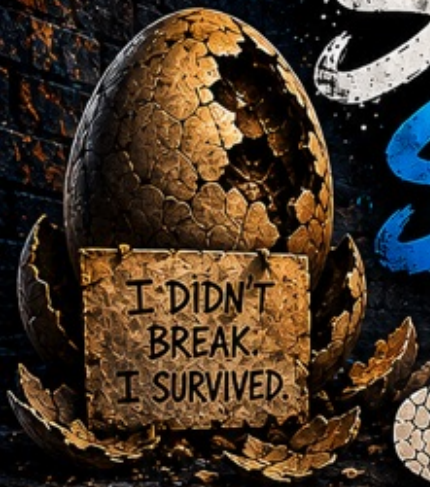


SOBER ^M SIDE UP

CRACKED NOT BROKEN.



ONE DAY
ONE CHOICE
ONE LIFE
AT A TIME.

THE SEVEN STANDARDS

A FRAMEWORK FOR RECOVERY.
— A BLUEPRINT FOR LIFE. —



STABILITY
OVER SURVIVAL



CLARITY
OVER CHAOS



PURPOSE
OVER PAIN



CONNECTION
OVER ISOLATION

UNDERSTAND THE SEVEN. APPLY THE SEVEN. LIVE THE SEVEN.

— INFORMATIONAL PAMPHLET —

WHAT THIS IS

The Seven Standards are a framework - not a one-size-fits-all step program.

Recovery is bigger than just quitting drugs or alcohol.

Many people can stop using for days, weeks, or even months, but staying sober often depends on rebuilding the parts of life that addiction damaged underneath the surface.

Each Standard represents a major part of life connected to recovery, stability, decision-making, relationships, purpose, and long-term sobriety.

Some people struggle most with physical instability. Others struggle with emotions, motivation, structure, environment, identity, or support systems.

Standard One and Standard Two are foundational recovery pillars, but they are not always every person's starting point.

PEOPLE ENTER THROUGH DIFFERENT DOORS

- For one person, recovery may begin with physical safety and stabilization.
- For another, the biggest threat may be environment - unsafe housing, using friends, toxic relationships, or constant exposure to relapse triggers.
- Someone else may already be physically stable and motivated, but lack structure, accountability, or purpose.

The goal is to help people identify where support is needed most so recovery becomes more realistic, sustainable, and personal.

BECAUSE SOBRIETY IS NOT JUST ABOUT REMOVING SUBSTANCES.

IT'S ABOUT REBUILDING LIFE.

THE SEVEN STANDARDS

A clean one-page breakdown of the recovery structure.

1. THE FOUNDATION

Physical Safety & Stability

Housing. Sleep. Food. Withdrawal. Medical needs. Physical survival.

Recovery is difficult when the body is in constant crisis.

2. THE WINDSHIELD

Mental & Emotional Clarity

Thoughts, emotions, trauma, stress, cravings, and emotional overwhelm.

You cannot always control what you feel, but recovery helps clear the windshield so you can see life more clearly again.

3. THE SPARK

Motivation, Willingness & Readiness

The internal decision to change.

This is the moment someone begins believing: I want something different for my life.

4. THE BLUEPRINT

Habits & Structure

Daily routines, planning, accountability, time management, responsibilities, and consistency.

Sobriety survives through structure.

5. THE GREENHOUSE

Environment, People & Places

The spaces and relationships surrounding recovery.

Many relapses happen because people return to unsafe environments, old using circles, dealers, chaos, or constant exposure to triggers.

Even strong recovery can struggle in a toxic environment.

6. THE PHOENIX

Purpose, Identity & Meaning

Rebuilding identity after addiction.

Recovery is not just about stopping self-destruction - it is about becoming someone new.

Rising from the ashes of who you used to be.

7. THE NETWORK

Connection, Accountability & Support

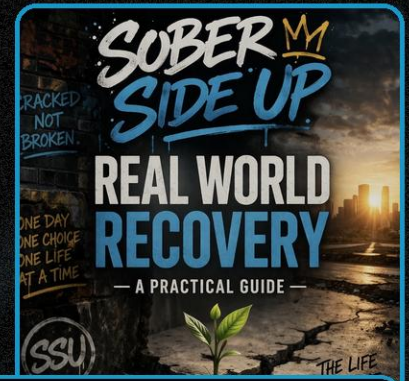
Healthy relationships, peer support, mentors, meetings, family, and community.

Recovery becomes stronger when people stop fighting alone.

THE FOUNDATION

Physical Safety & Stability

Recovery is difficult when the body is still in crisis.



WHAT IT MEANS

Physical instability can make everything else harder: sleep, thinking, emotions, motivation, focus, and decision-making.

This Standard focuses on the basic survival needs that often get destroyed during addiction.

When someone is constantly exhausted, sick, hungry, homeless, withdrawing, or unsafe, long-term recovery becomes much harder to maintain.

The Foundation is about helping a person stabilize enough to begin rebuilding.

FOCUS AREAS

- Housing
- Food
- Sleep
- Medical care
- Withdrawal stabilization
- Physical safety
- Basic health

REAL-WORLD EXAMPLES

- No safe place to sleep.
- Withdrawal symptoms or unmanaged health needs.
- Trying to make recovery decisions while hungry, exhausted, or unsafe.

WHY IT MATTERS

People in survival mode often make survival decisions. Recovery becomes more realistic when the body is no longer in constant crisis.

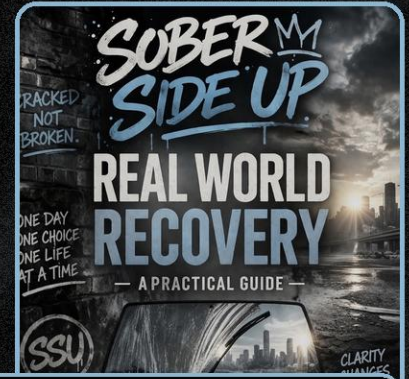
BOTTOM LINE

Stability over survival.

THE WINDSHIELD

Mental & Emotional Clarity

You cannot navigate life clearly through a shattered windshield.



WHAT IT MEANS

Addiction, trauma, stress, anxiety, depression, grief, and emotional overwhelm can distort how people think, react, and see themselves.

Recovery is not about never struggling emotionally. It is about learning how to recognize emotions without letting them completely control behavior.

FOCUS AREAS

- Emotional regulation
- Trauma awareness
- Stress management
- Mental health
- Thought patterns
- Emotional overwhelm
- Clarity and self-awareness

REAL-WORLD EXAMPLES

- Reacting before thinking.
- Using substances to quiet anxiety, grief, anger, shame, or trauma.
- Mistaking temporary emotional pain for permanent truth.

WHY IT MATTERS

Mental fog, emotional chaos, and unresolved trauma often fuel relapse cycles. When people begin understanding their emotions more clearly, they can make healthier decisions more consistently.

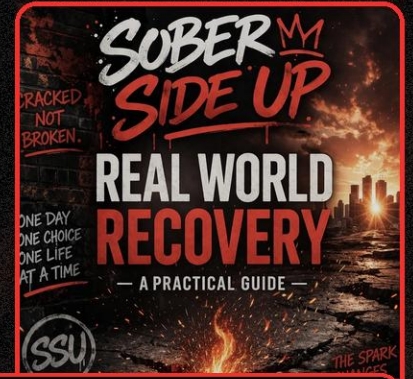
BOTTOM LINE

Clarity changes everything.

THE SPARK

Motivation, Willingness & Readiness

Recovery usually begins when the spark becomes stronger than the self-destruction.



WHAT IT MEANS

This Standard focuses on the internal decision to change. No one can force long-term recovery into someone who is completely unwilling.

But even a small spark matters. Sometimes recovery begins with nothing more than: I do not want to live like this anymore.

FOCUS AREAS

- Willingness
- Motivation
- Effort
- Readiness
- Hope
- Responsibility
- The ability to keep trying

REAL-WORLD EXAMPLES

- Wanting change but not knowing where to start.
- Losing hope after setbacks.
- Needing a reason to keep showing up when recovery feels hard.

WHY IT MATTERS

Motivation fluctuates. People lose momentum. People get discouraged. The Spark helps people reconnect with the reason they wanted change in the first place.

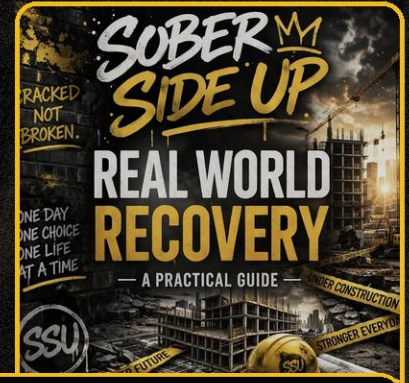
BOTTOM LINE

The spark changes everything.

THE BLUEPRINT

Habits & Structure

Motivation starts recovery. Structure keeps it alive.



WHAT IT MEANS

This Standard focuses on building systems that create stability over time.

Many people leave treatment motivated but return to chaos because there is no structure supporting recovery afterward.

The Blueprint helps turn recovery into a repeatable lifestyle instead of temporary motivation.

FOCUS AREAS

- Routines
- Planning
- Accountability
- Scheduling
- Consistency
- Healthy habits
- Responsibility

REAL-WORLD EXAMPLES

- No daily routine after treatment or jail release.
- Missing appointments, work, school, or meetings.
- Drifting back into old patterns because nothing new is organized yet.

WHY IT MATTERS

Without structure, people often drift back into old habits, old routines, and old survival patterns. Recovery becomes stronger when healthy routines become normal.

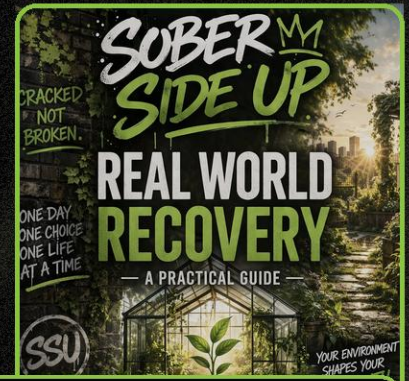
BOTTOM LINE

Build a life strong enough to support sobriety.

THE GREENHOUSE

Environment, People & Places

Environment shapes behavior.



WHAT IT MEANS

A person can be motivated, emotionally aware, and physically stable, but if they return to unsafe housing, people using in the house, toxic relationships, old contacts, dealers, or constant exposure to triggers, recovery becomes much harder to maintain.

Even strong recovery can struggle in the wrong environment.

FOCUS AREAS

- Living conditions
- Social circles
- Environmental triggers
- Toxic relationships
- Safe environments
- Exposure and influence

REAL-WORLD EXAMPLES

- People using in the home.
- Old contacts, dealers, or places connected to substance use.
- Trying to heal in the same chaos that helped keep the cycle going.

WHY IT MATTERS

Many relapses happen not because someone stopped caring about sobriety, but because the environment slowly pulled them backward. You cannot heal effectively in an environment that constantly reopens the wound.

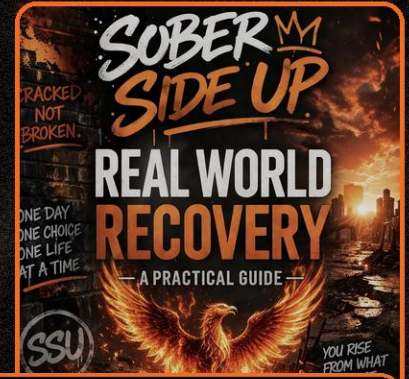
BOTTOM LINE

Your environment shapes your growth.

THE PHOENIX

Purpose, Identity & Meaning

Recovery is not just quitting something. It is becoming someone.



WHAT IT MEANS

This Standard focuses on rebuilding identity after addiction.

Many people lose themselves during addiction. The Phoenix represents rebuilding something stronger from what almost collapsed.

FOCUS AREAS

- Meaning
- Purpose
- Self-worth
- Direction
- Goals
- Personal growth
- Rediscovering identity

REAL-WORLD EXAMPLES

- Feeling defined by the past.
- Not knowing who you are without the old lifestyle.
- Needing a future worth protecting.

WHY IT MATTERS

People are more likely to protect a future they actually care about. Purpose helps transform recovery from survival into growth.

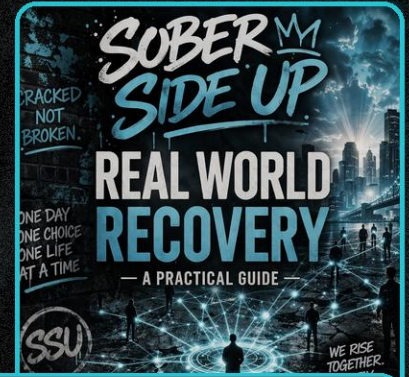
BOTTOM LINE

You rise from what almost broke you.

THE NETWORK

Connection, Accountability & Support

Addiction isolates. Recovery reconnects.



WHAT IT MEANS

This Standard focuses on the relationships and support systems that help keep recovery grounded.

Isolation often strengthens addiction. Healthy connection often strengthens recovery.

People heal differently when they stop fighting alone.

FOCUS AREAS

- Support systems
- Peer support
- Healthy relationships
- Accountability
- Mentorship
- Community
- Belonging

REAL-WORLD EXAMPLES

- No one to call before a relapse.
- No accountability during stress or cravings.
- Trying to rebuild life without people who understand the work.

WHY IT MATTERS

Support systems help people stay grounded during stress, setbacks, and difficult moments. Recovery becomes more sustainable when people feel connected instead of alone.

BOTTOM LINE

**We rise together.
We stay connected.**

ALL SEVEN WORK TOGETHER

The Seven Standards are interconnected.

Weakness in one area can affect the others.

Someone may have motivation but lack structure. Someone may have structure but remain trapped in toxic environments. Someone may have support but still struggle emotionally.

Recovery becomes stronger when stability is built across all seven areas.

The goal is not perfection. The goal is progress, awareness, stability, and rebuilding life one piece at a time.

SOBER SIDE UP NOTE

Recovery is not just about removing substances from someone's life.

It's about helping people rebuild stability, thinking patterns, habits, environments, purpose, and support systems strong enough to make sobriety sustainable.

Because people are not just addictions. They are human beings trying to survive, heal, and rebuild.

CRACKED NOT BROKEN.
SOBER SIDE UP.

WE'D LOVE YOUR FEEDBACK

What was helpful, confusing, surprising, or missing?

Please share your notes, suggestions, questions, or inquiries below.

Questions, suggestions, or clinical review requests?

Complete PDF books from the Seven Standards series are available upon request.

Email: sobersideup1@gmail.com

Subject: Seven Standards PDF Request

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