

## Since Getting Sober

*Technical note: If using a mobile phone, please record in landscape view.*

*NOTE: Please read out the question before you give an answer, so we know which Q you are answering!  
thanks and good luck ;)*

**UPLOAD AREA:** <http://thestairwayproject.co.uk/rw2021/>

- 1) What's the one thing you've done that you're proud of since getting sober?
  
- 2) What have you lost to addiction?
  
- 3) What's the one thing you do everyday to take care of yourself?
  
- 4) What have you learnt from your addiction?
  
- 5) What's the one thing you would tell someone struggling with addiction?
  
- 6) What made you want to get sober?