

FIRST THINGS FIRST

First Things First means sobriety must come above everything—the relationship, the date, the job, above whatever people think of us.

We surrender social media for now, even though we're missing out on keeping up with friends and family. We walk out of a triggering movie, even though it might be awkward. We install a porn blocker to dry out, even though we're losing our freedom. We make time for gratitude and morning prayer, even though our family is downstairs waiting.

We don't practice *First Things First* as tips and tricks to get a daycount. We practice First Things First as a principle that guides us into a new attitude. We become more willing to help, to show up, and to be of service. We do the dishes. We give up our Saturday to help a friend move into their new apartment.

By practicing *First Things First*, we gain the ability to listen to the voice inside our head as just another noise in the passing parade—the judgement, the intellect, the 'me me me'—and we open ourselves up to our loved ones, our fellows, and our Higher Power.