

## 10 Insights For The New Member

1. Oxford House is a missing link in the recovery process. It provides the time and support each of us need to develop comfortable sobriety.
2. It works only if the Oxford House system of democratic operations is followed and the system of financial self-support is strictly followed. Learn the Oxford House Manual and the nine Oxford House traditions.
3. House meetings take place once every week. Attend every weekly meeting. The reason for weekly house meetings is to make the house run smoothly. The weekly meeting is the place to resolve disputes among the “family” and a place to work together to keep recovery at the heart of all house operations.
4. Pay your share of expenses on time. Put first things first. Old behavior put our rent last. New behavior puts it first; otherwise each of us feels lousy and the house can fail.
5. Pride that is earned is worthwhile but false pride causes conflict. A house where all the residents work with each other to gain comfortable sobriety is one that generates worthwhile pride.
6. Open finances of the house helps to overcome the suspicion we all have in early recovery. The house finances should be discussed at each meeting and posted openly for everyone to see.
7. Do household chores on time. You may be the coordinator someday and others will do unto you as you did to them.
8. Don't isolate. Loneliness and self-pity lead many of us back to drinking or using drugs.
9. Go to a lot of twelve-step meetings. AA and NA attendance is a good habit to develop to make behavior change comfortable and to gain comfortable sobriety – forever.
10. Blow the whistle on any member who relapses. The house can lose its charter if the resident who uses alcohol or drugs – in or out of the house – is not expelled immediately.