

SOBERMAN AND SOBERWOMAN

—TALK EARLY STAGES OF SOBRIETY—

ISSUE

6



—Trust God • Clean House • Help Others—

THE CREATORS OF SOBERMAN

The Soberman concept was first discussed between Jim Quinn and Chris Makasimow while they attended a 30-day inpatient rehabilitation treatment session at Mirmont Treatment Center in Media, Pennsylvania. During their stay, they became fast friends and often fantasized about what it would be like to have a comic book series based solely on a superhero named Soberman, who would have tremendous healing powers and be able to zap people and get them to be sober. We would fantasize about this topic for days and come up with different storylines on how we would actually prepare these comic books.

Well, after long journeys through addiction and recovery, Chris and Jim finally got around to putting their ideas down on paper, and Soberman was born. We hope you enjoy the experience.

Jim Quinn

Jim is 69 years old and spent 45 years as an alcoholic and drug addict. His drinking career spanned nearly five decades, beginning at age 13. He progressed to drugs in his twenties and thirties and did not find the bitter end until January 31, 2012, his sobriety date. And with God's good graces, he'll have 15 years of continuous sobriety on January 31st, 2027.

Chris Makasimow

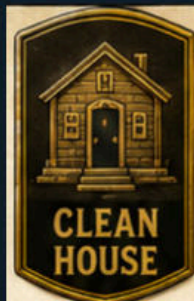
Chris is 51 years old and began drinking and using drugs at 17. He describes more than 34 years of living with addiction and alcoholism, with many relapses along the way. "Yes, I'm a relapser," he says, "but I've got two years under my belt now." His sobriety date is February 3, 2024. By working on the Soberman Project with Jim Quinn, Chris hopes to stay on his path of continuous sobriety.



Soberman's mission is based on three pillars.



First pillar: Trust God.

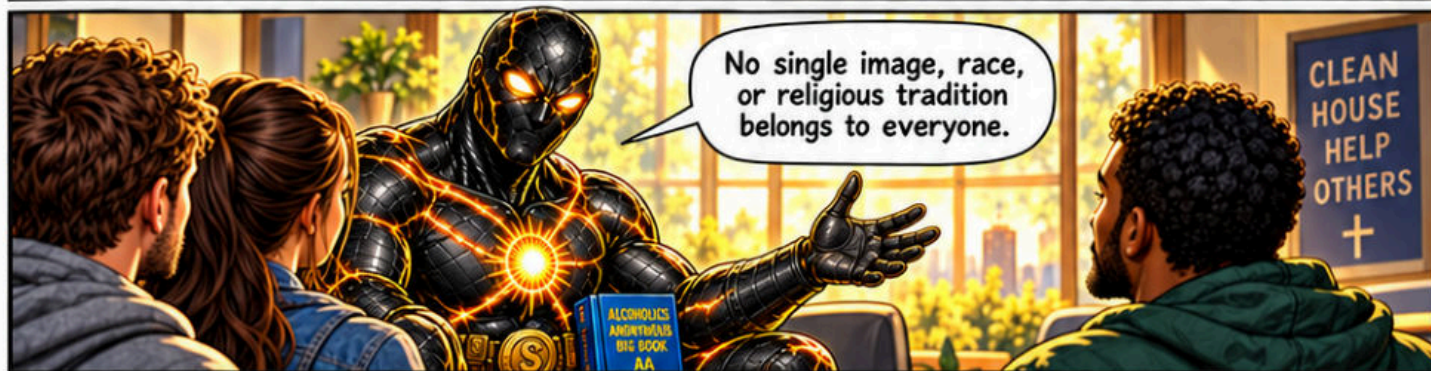


Second pillar: Clean House.



Third pillar: Help Others.





ONE DAY AT A TIME

Start with today.

SOBER
STRONG
GRATEFUL
ONE DAY
AT A TIME
+

God, please give me strength to stay sober today—and courage to ask for help.

I only need to take the next helpful step.

HOPE
CAFÉ
+

GOOD
PEOPLE
BRIGHTER
TOMORROWS
+

Could we meet for a walk?

Absolutely.

Thank you for today. Tomorrow, I'll ask again.

FAITH
RECOVERY
PEOPLE
PURPOSE
+

PRAYER
RECOVERY
HELP OTHERS

SOBER
TODAY
STRONGER
TOMORROW
+

BEGIN SAFELY

I want to stop.
Do I need
medical help?

ADDICTION
TREATMENT CENTER

HOPE
RECOVERY
SUPPORT
HEALTHIER
LIVES

YOUR
SAFETY
COMES
FIRST

Stopping alcohol suddenly
can be dangerous if your
body depends on it.
Let's plan a safe start.

- ASSESSMENT
- MEDICAL CARE
- COUNSELING
- SUPPORT
- RECOVERY

Tell us what you use,
how much, and how often.
We'll help you understand
your options.

PEOPLE
HEAL
PEOPLE

FAITH
RECOVERY
COMMUNITY
BRIGHTER
TOMORROWS

Trusting God and
accepting medical care
can go together.

Treatment is a form
of support. You don't
have to do this alone.

CLEAN
HOUSE
HELP
OTHERS

MAKE ROOM FOR RECOVERY

With support and a safe plan, make home a place for recovery.



Let's remove alcohol and reminders that pull you toward using.



Ask us about safe disposal. Don't flush medicines unless official instructions say to.



Keep taking prescribed treatment as directed. Ask your clinician before changing it.



CHANGE YOUR CONTACTS

Come drinking tonight?

I'm choosing a different evening.

Set boundaries with people who pressure you to drink or use.

Block contact?

Cancel

Block

Make support easier to reach.

Add Contact



Recovery friend >



Meeting group >

Can I join you at the meeting?

Yes. Let's go together.

BUILD SOBER FRIENDSHIPS

Recovery grows through connection.



I thought being sober meant being alone.



We can walk, talk, laugh, and show up for each other.



Look for people who respect your recovery.

Start with one healthy connection.



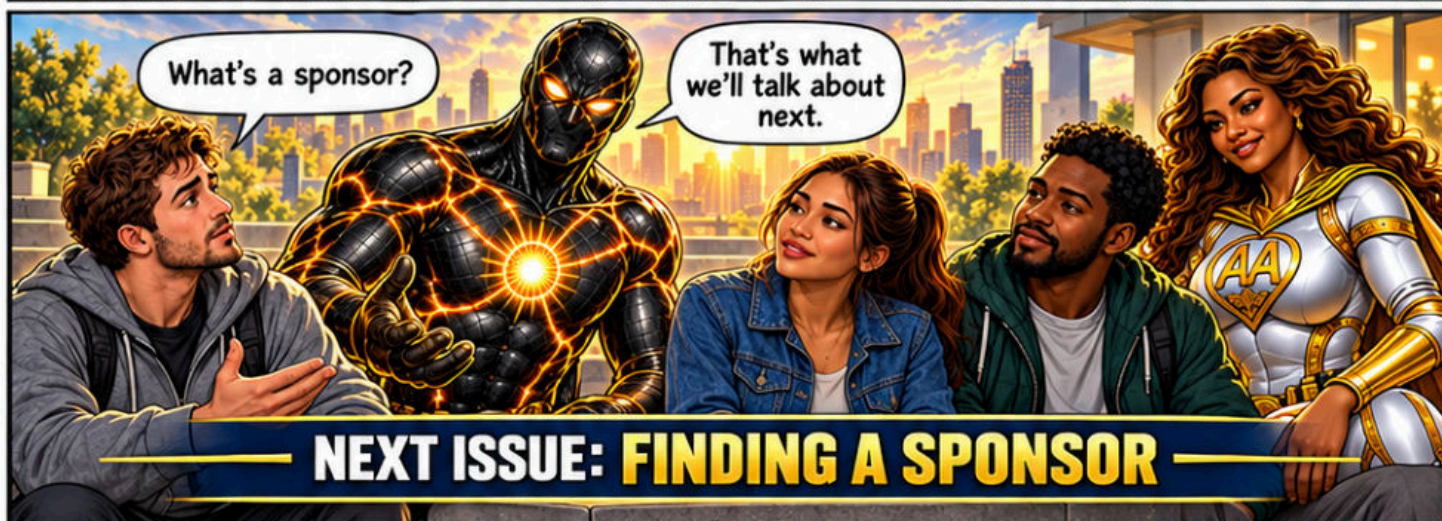
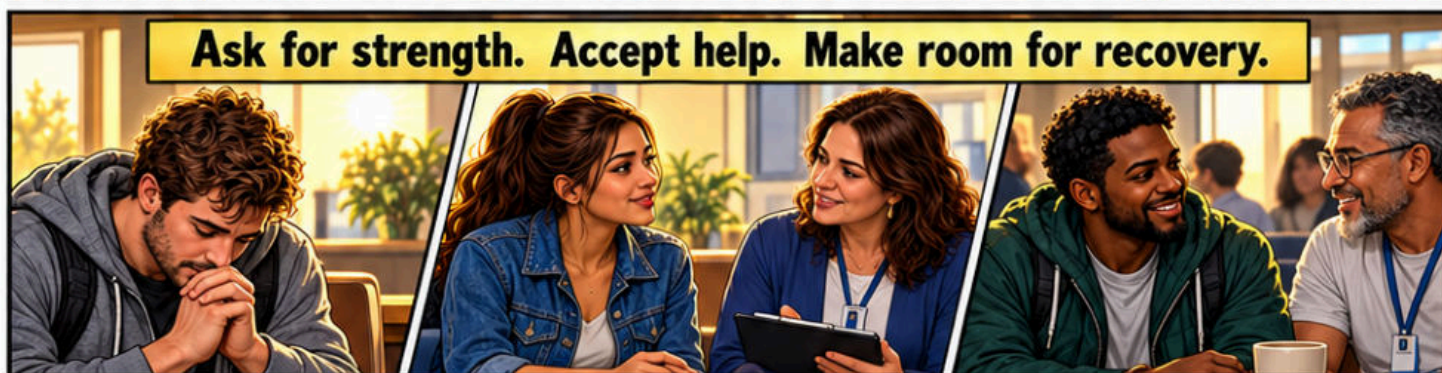


WALK THROUGH THE DOOR



REACH OUT WHEN IT GETS HARD





RECOVERY RESOURCES

ONLINE EDITION | TAP THE UNDERLINED RESOURCE LINKS

YOU DO NOT HAVE TO DO THIS ALONE

IMMEDIATE DANGER OR OVERDOSE: CALL 911
SUICIDE OR EMOTIONAL CRISIS: CALL OR TEXT 988

TREATMENT REFERRAL: 1-800-662-HELP (4357)
 Free and confidential - available 24 hours a day

START HERE: TREATMENT HELP

Confidential national guidance and a searchable treatment directory.

SAMHSA National Helpline: 1-800-662-HELP (4357)

- 01 **SAMHSA National Helpline**
samhsa.gov/find-help/helplines/national-helpline
- 02 **Find treatment near you**
FindTreatment.gov

SMART RECOVERY

Practical recovery skills and free peer meetings for addictive behaviors.

Office: 440-951-5357 - Mon-Fri, 8 a.m.-4 p.m. ET

- 08 **Find SMART meetings**
meetings.smartrecovery.org/meetings
- 09 **SMART Recovery contact**
smartrecovery.org/contact-us

ALCOHOLICS ANONYMOUS (AA)

Peer support for recovery from alcohol addiction.

General Service Office: 212-870-3400

- 03 **Meeting Guide app**
aa.org/meeting-guide-app
- 04 **General Service Office contact**
aa.org/contact-gso
- 05 **Find AA and local phone help**
aa.org/find-aa

WOMEN FOR SOBRIETY

Peer recovery support and meetings for women.

Office: 215-536-8026

- 10 **Women for Sobriety**
womenforsobriety.org
- 11 **Meeting finder**
meetings.womenforsobriety.org/meetings

NARCOTICS ANONYMOUS (NA)

Peer support for recovery from drug addiction. Local sites list meetings and helplines.

NA World Services: 818-773-9999 (not a 24-hour crisis line)

- 06 **Find local and virtual meetings**
na.org/MeetingSearch
- 07 **NA World Services contact**
na.org/contact-us

RECOVERY DHARMA

Peer recovery support using Buddhist practices and meditation.

- 12 **Online and in-person meetings**
recoverydharma.org/meetings-and-events

SUPPORT FOR FAMILIES AND FRIENDS

Meeting information and support for people affected by a loved one's addiction.

Al-Anon: 1-888-425-2666 | Nar-Anon: 1-800-477-6291

- 13 **Al-Anon / Alateen contact**
al-anon.org/contact-us
- 14 **Nar-Anon contact**
nar-anon.org/contact

My Sobriety Goals

Write the goals you want to achieve in your sobriety.

Sobriety Objectives

List the specific action steps you will take to achieve the goals you wrote in section one. Include when you will take each step.



Please scan to rate the Soberman website and printed comics, and tell us how they can help you begin or sustain recovery.

THE SOBERMAN UNIVERSE



SoberManRecovery.com

Scan with your phone's camera, or type this address into your browser.

Best viewed on a laptop or tablet. The website is optimized for larger screens. You can use a phone, but navigation is more difficult.

Soberman is a universe of printed comic books and web-based resources, united by one purpose: sobriety through storytelling. You're reading a printed comic now. To explore the rest of the universe, visit **SoberManRecovery.com**.

All of our comic books are available on the website, along with other valuable recovery resources. We invite you to explore both the printed stories and the online materials.

With grant funding, we hope to print our comics in bulk and deliver them to treatment centers, rehabilitation hospitals, emergency rooms, and other recovery-related settings. For now, most of our comics and resources are available online.

If you have a printed copy, hold on to it! We don't yet know when funding will allow us to print larger quantities of the other comics you'll find on our website.

Now you know how to explore the Soberman universe. We wish you all the best in your recovery and hope that sobriety through storytelling supports you on the journey ahead.

