

SOBERMAN
COMICS



ISSUE #7

A YOUTH RECOVERY ADVENTURE

SOBERMAN AND SOBERWOMAN

THE BATTLE AGAINST RELAPSE



TRUST GOD • CLEAN HOUSE • HELP OTHERS

A YOUNG PERSON'S GUIDE TO A STRONGER, SOBER LIFE

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.



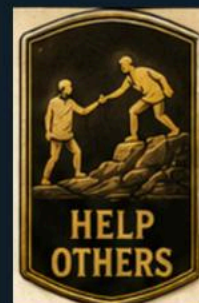
Soberman's mission is based on three pillars.



First pillar: Trust God.



Second pillar: Clean House.



Third pillar: Help Others.

THE TEMPTATION

OLD HABITS
CAN BE HARD TO RESIST.
BUT YOU'RE NOT ALONE.

ALEX IS DOING WELL IN RECOVERY.
HE'S FEELING STRONG—UNTIL HE
GETS A TEXT FROM AN OLD FRIEND.



LATER THAT NIGHT, ALEX MEETS HIS OLD FRIENDS.



SUDDENLY, SOBERMAN AND SOBERWOMAN APPEAR!



TRUST GOD • CLEAN HOUSE • HELP OTHERS

SPIRITUAL FITNESS

TRUST GOD — A STRONGER YOU

PRAYER, MEDITATION, AND A POSITIVE MINDSET HELP YOU STAY ON TRACK.

AFTER FACING TEMPTATION, ALEX TURNS TO WHAT GIVES HIM STRENGTH.



ALEX PRAYS AND MEDITATES TO GET FOCUSED.



SOBERMAN AND SOBERWOMAN APPEAR TO ENCOURAGE ALEX.



SPIRITUAL FITNESS BUILDS A STRONGER YOU.



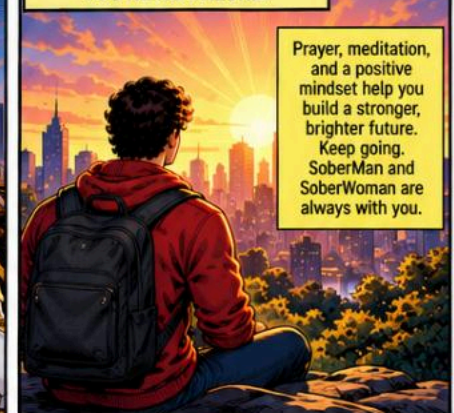
THERE ARE MANY WAYS TO STRENGTHEN YOUR SPIRIT.



SPIRITUAL FITNESS HELPS IN EVERY AREA OF LIFE.

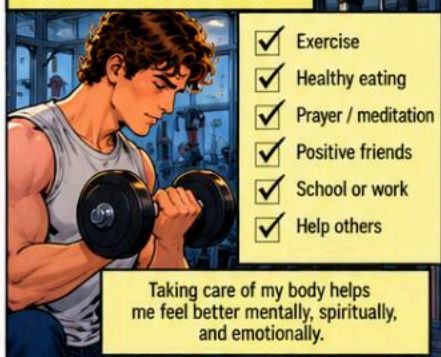


TRUST GOD. KEEP GROWING. YOU'RE NOT ALONE.



TRUST GOD • CLEAN HOUSE • HELP OTHERS

A NEW DAY. A STRONGER START.

A FEW MINUTES OF MEDITATION
HELPS ALEX STAY FOCUSED.SOBERMAN AND SOBERWOMAN
ENCOURAGE ALEX TO KEEP GROWING
SPIRITUALLY.A HEALTHY ROUTINE SUPPORTS
A HEALTHY MIND AND SPIRIT.ALEX REACHES OUT TO A SOBER FRIEND
WHEN HE FEELS STRESSED.SOBERMAN REMINDS ALEX THAT
SPIRITUAL FITNESS HELPS IN
TOUGH MOMENTS.SOBERWOMAN SHARES PRACTICAL WAYS
TO STAY SPIRITUALLY STRONG.SPIRITUAL FITNESS GIVES A CALMER,
STRONGER, MORE POSITIVE YOU.A STRONG SPIRIT HELPS ALEX
MAKE BETTER CHOICES.

TRUST GOD • CLEAN HOUSE • HELP OTHERS

CLEAN HOUSE

REMOVE THE OLD • CREATE A HEALTHIER LIFE

A CLEAN ENVIRONMENT
HELPS YOU STAY SOBER.
REMOVE WHAT PUTS
YOU AT RISK.

ALEX DECIDES IT'S TIME TO CLEAN HOUSE.



If I want a better future, I need to remove the things that could pull me back into drinking and using.

SOBERMAN HELPS ALEX IDENTIFY WHAT TO REMOVE.



Take an honest look at your environment. Remove alcohol, drugs, and anything that triggers you. A clean space makes it easier to stay on track.

SOBERWOMAN ENCOURAGES A HEALTHIER AND MORE POSITIVE ENVIRONMENT.



Surround yourself with things that support your recovery — positive people, healthy activities, and a space that makes you feel good about yourself.

ALEX CLEANS AND ORGANIZES HIS ROOM.



It feels good to have a clean, healthy space. This helps me stay focused on my recovery.

ALEX REPLACES OLD HABITS WITH HEALTHY ONES.



EXERCISE

HEALTHY EATING

SPEND TIME WITH SOBER FRIENDS

READ AND LEARN

HOBBIES

SERVICE TO OTHERS

SOBERMAN REMINDS ALEX TO ALSO CLEAN HOUSE IN HIS MIND AND HEART.



Clean house isn't just about your physical space. It also means letting go of negative thoughts, old relationships, and anything that keeps you stuck in the past.

SOBERWOMAN ADDS ENCOURAGEMENT.



Fill your life with positive thoughts, forgiveness, and opportunities to grow. When you clean house, you create room for a healthier, happier you.

A CLEANER, HEALTHIER LIFE LEADS TO A BRIGHTER TOMORROW.



I'm building a new life — one day at a time. By cleaning house and making better choices, I'm creating the future I want.

TRUST GOD • CLEAN HOUSE • HELP OTHERS

OLD FRIENDS, NEW CHOICES

REAL FRIENDS RESPECT YOUR RECOVERY

YOU CAN STAY
TRUE TO YOURSELF
AND STILL BELONG.

ALEX RUNS INTO OLD FRIENDS AT SCHOOL.



SOBERWOMAN APPEARS TO SUPPORT ALEX.



SOBERMAN ADDS ENCOURAGEMENT.



ALEX CHOOSES A BETTER PATH.



AT THE RECOVERY CLUB MEETING, ALEX CONNECTS WITH SOBER FRIENDS.



REAL FRIENDS LIFT YOU UP.



THE RIGHT CHOICES LEAD TO A BRIGHTER FUTURE.



OLD FRIENDS MAY COME AND GO,
BUT THE RIGHT PEOPLE HELP YOU GROW.



TRUST GOD • CLEAN HOUSE • HELP OTHERS

PLACES AND THINGS

AVOID HIGH-RISK SITUATIONS

SOME PLACES AND THINGS CAN PUT YOUR RECOVERY AT RISK.

ALEX THINKS ABOUT PLACES THAT COULD BE RISKY.



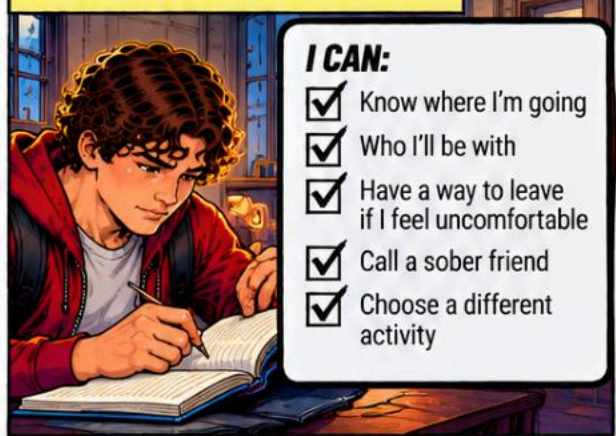
SOBERMAN EXPLAINS.



SOBERWOMAN ADDS ENCOURAGEMENT.



ALEX MAKES A PLAN BEFORE HE GOES.



THERE ARE MANY PLACES AND THINGS THAT SUPPORT RECOVERY.



GOOD CHOICES LEAD TO A BRIGHTER FUTURE.



TRUST GOD • CLEAN HOUSE • HELP OTHERS

HALT

RECOGNIZE THE WARNING SIGNS

HUNGRY • ANGRY • LONELY • TIRED

WHEN YOU'RE HUNGRY, ANGRY, LONELY, OR TIRED, YOU'RE MORE LIKELY TO FEEL STRESSED AND MAKE UNHEALTHY CHOICES.

ALEX IS HAVING A TOUGH DAY.



I'm feeling off today. I'm hungry, irritable, lonely, and really tired. I need to figure out what's going on before I make a bad choice.

SOBERMAN EXPLAINS HALT.



HALT is a reminder to check in with yourself. When you're **Hungry, Angry, Lonely, or Tired**, you're more likely to feel stressed and make unhealthy choices.

HERE'S WHAT HALT MEANS:

HUNGRY



When you're hungry, your blood sugar drops. You may feel irritable, have low energy, and be more likely to make unhealthy choices.

ANGRY



When you're angry, it's easier to overreact, say or do something you'll regret, and make choices that can hurt your recovery.

LONELY



When you're lonely, you may feel isolated, sad, or like no one understands you. This can lead to unhealthy choices.

TIRED



When you're tired, it's harder to think clearly, manage emotions, and resist temptation. You may feel overwhelmed and make poor decisions.

SOBERWOMAN GIVES PRACTICAL TIPS.



Check in with yourself during the day. If you notice any of these signs, take a break and use healthy tools to take care of yourself before things get worse.

WHEN YOU NOTICE HALT, TRY THESE THINGS:

- ☒ Eat a healthy meal or snack
- ☒ Take a few deep breaths
- ☒ Talk to a sober friend
- ☒ Get some rest
- ☒ Go for a walk or exercise
- ☒ Pray or meditate
- ☒ Listen to music
- ☒ Do something positive

ALEX PUTS IT INTO PRACTICE.



I feel better when I take care of myself. I can handle tough days with the right tools.

WITH SUPPORT, ALEX FEELS STRONGER.



By recognizing HALT and using healthy tools, you can stay stronger, make better choices, and keep moving forward in your recovery.

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HUNGRY

FUEL YOUR RECOVERY

**GOOD NUTRITION
GIVES YOU ENERGY
AND HELPS YOU
MAKE BETTER
CHOICES.**

ALEX REALIZES HE HASN'T EATEN.



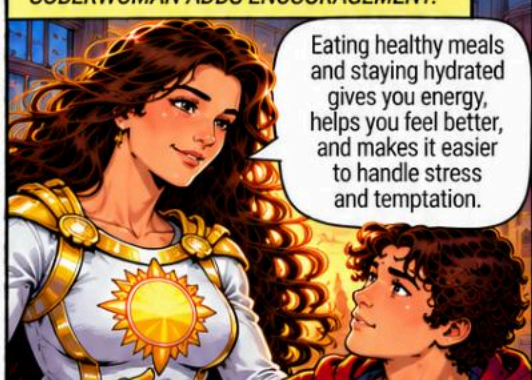
I feel tired, irritable, and it's hard to focus. I haven't eaten today. I can see how being hungry can make it easier to make bad choices.

SOBERMAN EXPLAINS.



When you're hungry, your blood sugar drops. You can feel irritable, stressed, and less able to think clearly. This can lead to cravings and poor decisions.

SOBERWOMAN ADDS ENCOURAGEMENT.



Eating healthy meals and staying hydrated gives you energy, helps you feel better, and makes it easier to handle stress and temptation.

GOOD FOOD CHOICES HELP YOU STAY STRONG.



GOOD CHOICES:

- ☒ Eat regular meals
- ☒ Choose healthy foods
- ☒ Drink water
- ☒ Limit sugar and junk food
- ☒ Keep healthy snacks with you
- ☒ Plan ahead

ALEX MAKES A HEALTHY CHOICE.



I feel better now. I have more energy, my mood is improved, and it's easier to focus and make good choices.

HE KEEPS HEALTHY SNACKS WITH HIM.



HE PLANS AHEAD.



- My Plan:**
- ☒ Eat breakfast
 - ☒ Pack healthy snacks
 - ☒ Drink water
 - ☒ Avoid skipping meals
 - ☒ Make good choices

BETTER NUTRITION LEADS TO BETTER DAYS.



MORE ENERGY

BETTER MOOD

CLEARER THINKING

A HEALTHY YOU BUILDS A BRIGHTER TOMORROW.



When I take care of my body, I stay stronger in my recovery. Good nutrition helps me make better choices and build the future I want.

TRUST GOD • CLEAN HOUSE • HELP OTHERS

ANGRY

DON'T LET ANGER TAKE CONTROL

WHEN YOU'RE ANGRY,
IT CAN LEAD TO
BAD DECISIONS.
LEARN HEALTHY WAYS
TO MANAGE ANGER
IN YOUR RECOVERY.

ALEX FEELS ANGER BUILDING.



I'm so angry right now. Nothing is going right. I feel like yelling, slamming things, or just giving up. I know this can lead to bad choices, and I don't want to go back there.

SOBERMAN EXPLAINS.



Anger is a normal emotion, but when it's out of control, it can lead to unhealthy choices like using alcohol or drugs, hurting relationships, or getting into trouble. In recovery, it's important to recognize anger early and manage it in a healthy way.

SOBERWOMAN ADDS ENCOURAGEMENT.



It's okay to feel angry. What matters is how you respond. There are healthy ways to handle anger that keep you in control and protect your recovery.

TRY THESE HEALTHY WAYS TO MANAGE ANGER.



EXERCISE
Get moving to release built-up tension.



TAKE DEEP BREATHS
Slow down and calm your mind.



TALK IT OUT
Share your feelings with a trusted friend, sponsor, or counselor.

UNHEALTHY WAYS TO HANDLE ANGER CAN LEAD TO PROBLEMS.



YELLING, FIGHTING, OR BREAKING THINGS

USING ALCOHOL OR DRUGS

ISOLATING FROM OTHERS



LISTEN TO MUSIC
Music can help you relax and refocus.

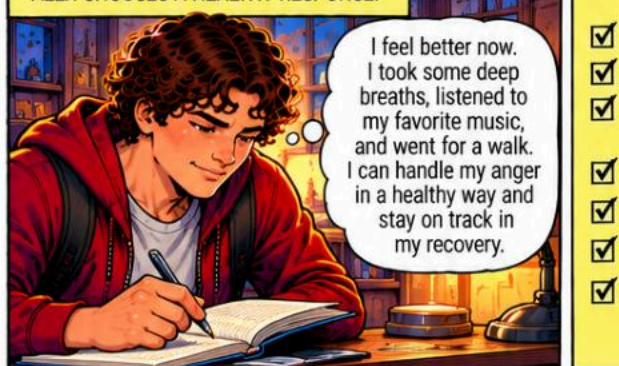


PRAY OR MEDITATE
Connect with God and find peace.



DO SOMETHING POSITIVE
Focus on a healthy activity you enjoy.

ALEX CHOOSES A HEALTHY RESPONSE.

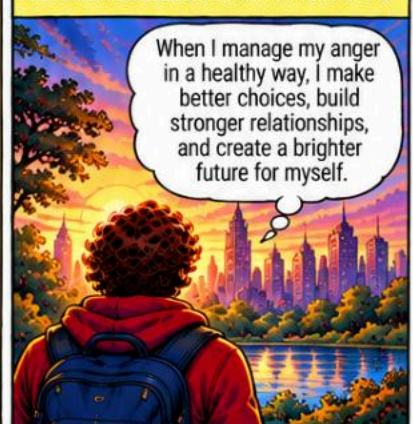


I feel better now. I took some deep breaths, listened to my favorite music, and went for a walk. I can handle my anger in a healthy way and stay on track in my recovery.

REMEMBER:

- ✓ Recognize when you're getting angry.
- ✓ Pause and take deep breaths.
- ✓ Use healthy recovery tools.
- ✓ Talk to a trusted friend, sponsor, or counselor.
- ✓ Exercise or go for a walk.
- ✓ Pray or meditate.
- ✓ Choose a positive activity.
- ✓ Keep your focus on your recovery.

A CALMER YOU BUILDS A BRIGHTER TOMORROW.



When I manage my anger in a healthy way, I make better choices, build stronger relationships, and create a brighter future for myself.

TRUST GOD • CLEAN HOUSE • HELP OTHERS

LONELY

YOU'RE NOT ALONE

FEELING LONELY CAN BE A TRIGGER, BUT THERE ARE HEALTHY WAYS TO FEEL CONNECTED AND SUPPORTED.

ALEX FEELS LONELY.



Sometimes I feel alone, even when I'm around other people. I miss my old friends, and it can be hard to find people who understand me.

SOBERMAN EXPLAINS.



Feeling lonely is common in recovery. It can make you feel sad, isolated, and more likely to use alcohol or drugs. But you're not alone. There are people who care about you and want to support you.

SOBERWOMAN ADDS ENCOURAGEMENT.



You are never alone. There are people who care about you — family, friends, mentors, a recovery community, and people who have been through the same challenges.

THERE ARE MANY WAYS TO FEEL CONNECTED.



FAMILY
Spend time with people who care about you.

POSITIVE FRIENDS
Choose friends who support your recovery.

RECOVERY COMMUNITY
Join a support group like AA, NA, or a youth group.

MENTORS
Talk to a trusted adult, sponsor, or counselor.

HEALTHY ACTIVITIES
Get involved in sports, hobbies, or volunteer work.

FAITH
Pray, attend church, and stay connected to God.

UNHEALTHY WAYS TO DEAL WITH LONELINESS CAN LEAD TO PROBLEMS.



- ✗ **ISOLATING YOURSELF**
- ✗ **SPENDING TOO MUCH TIME ONLINE**
- ✗ **USING ALCOHOL OR DRUGS**
- ✗ **MAKING RISKY CHOICES**

INSTEAD, TRY THESE HEALTHY WAYS.

- ✓ Reach out to a friend or family member
- ✓ Attend a recovery meeting or youth group
- ✓ Get involved in a sport, hobby, or volunteer work
- ✓ Talk to a mentor, sponsor, or counselor
- ✓ Spend time in nature
- ✓ Pray or meditate
- ✓ Be of service and help others
- ✓ Remember that you are not alone



I feel better when I reach out to someone. Talking to a friend helps me feel connected and reminds me that I'm not alone.

REAL CONNECTIONS LEAD TO A BRIGHTER TOMORROW.



When I stay connected, I feel stronger, happier, and more confident in my recovery. I'm part of a community, I have people who care about me, and I can help others too.

TRUST GOD • CLEAN HOUSE • HELP OTHERS

TIRED

REST TODAY FOR A BRIGHTER TOMORROW

WHEN YOU'RE TIRED, IT'S HARDER TO THINK CLEARLY, MANAGE STRESS, AND MAKE GOOD CHOICES.

ALEX FEELS EXHAUSTED.



SOBERMAN EXPLAINS.



SOBERWOMAN ADDS ENCOURAGEMENT.



TIPS FOR BETTER REST AND MORE ENERGY.



KEEP A REGULAR SLEEP SCHEDULE
Go to bed and wake up at the same time each day.



LIMIT SCREEN TIME
Turn off phones, TVs, and computers before bed.



CREATE A RESTFUL ENVIRONMENT
Keep your bedroom cool, quiet, and comfortable.



STAY ACTIVE
Regular exercise can help you sleep better and boost your energy.



EAT WELL AND STAY HYDRATED
Nutritious meals and water help your body and mind.



MANAGE STRESS
Pray, meditate, or use deep breathing to relax before bed.

TOO LITTLE SLEEP CAN LEAD TO PROBLEMS.



ALEX CHOOSES A HEALTHY ROUTINE.



REST TODAY FOR A BRIGHTER TOMORROW.



TRUST GOD • CLEAN HOUSE • HELP OTHERS

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.

