

# What Are The Rules Of A Sober Living House

When you go to a [sober living facility](#), it's important to know that you will need to abide by a certain set of rules and standards. Some rules are universal, whereas some treatment centers will impose their own specific rules as well. If you are serious about getting help for your alcohol or substance abuse problem then you have to make sure that you follow the set of rules that are outlined in this guide, so you can make it a better experience for you, and everyone else in the facility.

## No Drugs or Alcohol

The consumption of drugs and alcohol is prohibited in nearly every sober living facility. In some states, marijuana is medically legal and therefore might be involved in the treatment process. That being said, most facilities maintain that illicit drugs are not allowed anywhere near the facility. Drug tests are often administered to ensure that the substances are not being used on the grounds. If you are found in possession with any substances, then you will be ejected from the facility and you may also have to deal with police intervention. Even though alcohol is legal, residents are to abstain from drinking. This is the case if not all residents there are for alcoholism. Respect for fellow residents is so important, so keep this in mind.

## Noise

Living in a facility will often require you to adhere to quiet hours. This makes the environment healthier for everyone. You will need to avoid making excessive noise at night as sleep is vital for those who are struggling with addiction. You need to keep noise from visiting company, music or television to a minimum.

## Visitors Must Follow House Rules

Most facilities give your family and friends the chance to visit. However, any visitors will need to follow the same living rules as the residents. If you are a visitor then you are not allowed to bring any kind of contraband which includes substances or alcohol. You will also need to abstain from rude behavior, partying or excessive noise. You cannot invite visitors to live with you either. Sober facilities are completely dedicated to the treatment and recovery of those who are suffering from alcoholism and addiction. It is not a free housing facility.

## Sense of Community

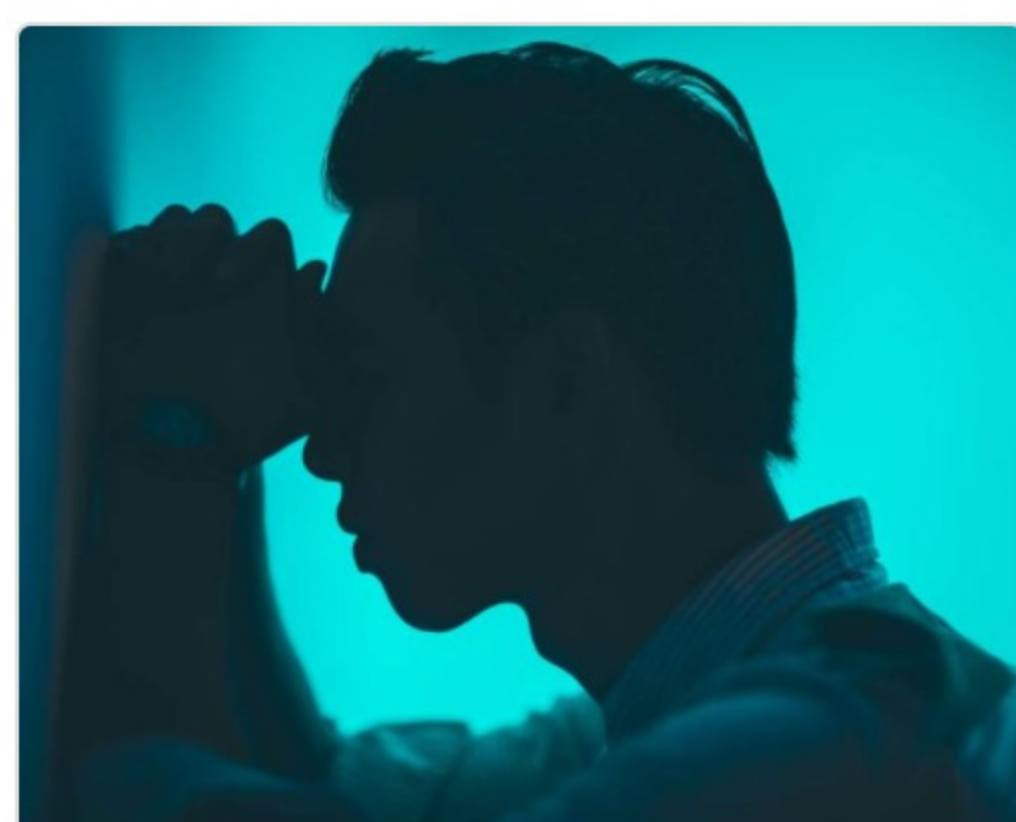
One of the goals that you will have set when you go to a sober living facility is to try and establish a sense of community. People tend to come together and help each other in their time of need and it's your job to try and make sure that you are promoting the overall wellbeing of everyone there. Visitors should do the same as well. There may not be a written rule asking you to promote unity, but at the end of the day, it helps everyone there.

## Cleaning

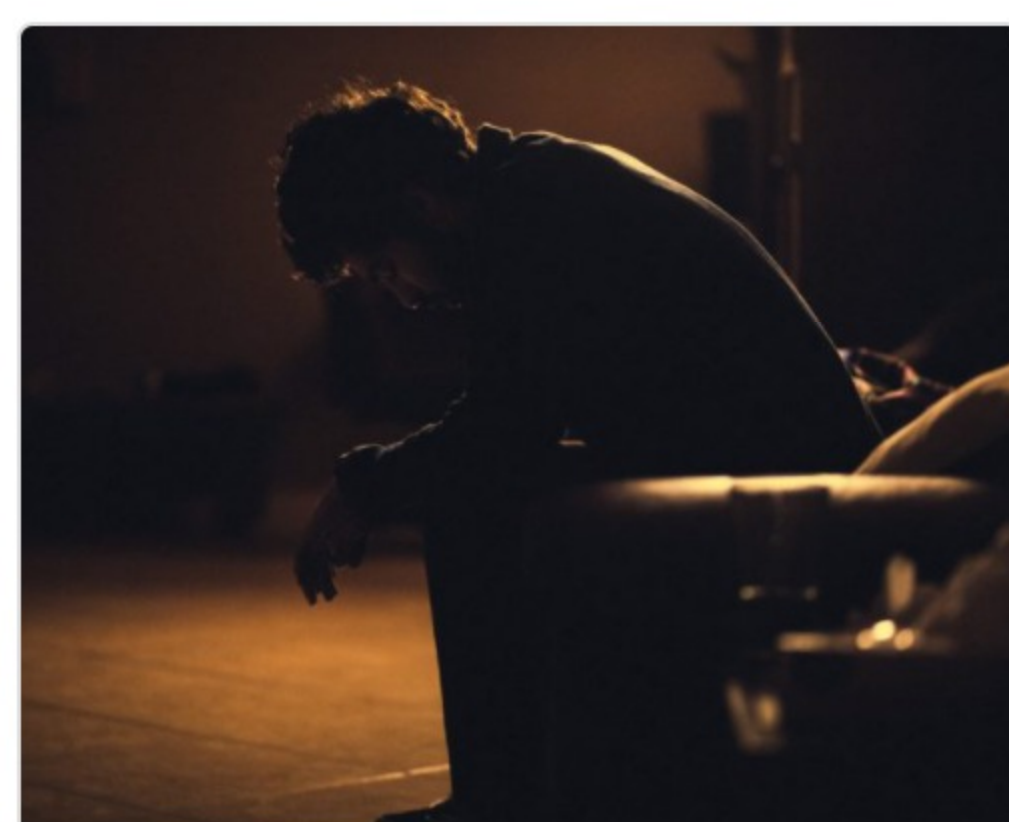
As a resident, you need to try and keep your living quarters up to standard in terms of cleanliness and hygiene. You are not allowed to have clothes or dishes piled up and you will also need to keep your personal items organized. Communal areas should be cleaned on a routine basis.



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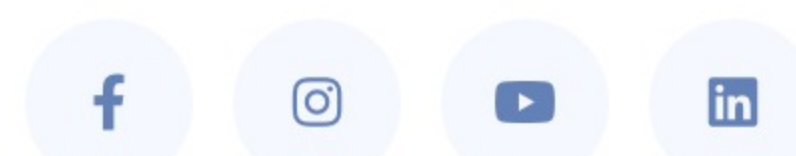


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