

Preventing Substance Abuse Relapse

Caution



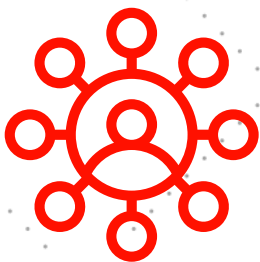
During the early stage of recovery (0-12 mo.), a "Relapse," a.k.a. the breaking of sobriety by using alcohol or drugs, typically occurs when you decide its now safe to expose yourself to "Triggering" people, places, behaviors, and thoughts you once knew before entering recovery. If at all possible, try to avoid prolonged contact with things that may trigger you to use, until your sponsor is confident in your progress towards recovery.

Creation



Come up with new rituals, for how you will get through events, activities or times of the day previously connected to using. Dive deep into healthier interests, start a new hobby, take a weekend trip somewhere refreshing, connect with nature, or sobriety safe people; but whatever you do, make sure it's exciting. IF you feel the urge to use, do something that will take your attention away from thoughts of using for at least 30 minutes.

Connection



It will be important for to identify and cultivate a human safety network. Connect with and share your goals, and concerns of your recovery progress with a sobriety safe person through video chat, or meet up face to face. If possible, limit text messaging, because of difficulty expressing emotion, non verbal cues, body language or holding an accountability-based conversation.

