

Anticipating and Preventing Relapse

Date(s):

First Session: _____ / _____ / _____

Second Session: _____ / _____ / _____

Objectives:

- Understand what relapse is and how it develops.
 - Identify addictive behaviors and thinking that serve as warning signs of relapse.
 - Recognize emotional buildup that serves as triggers.
 - Develop strategies to prevent relapse when you recognize a danger sign.
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1) What is Relapse Prevention

Recovery is more than just abstinence from substances; it also involves preventing a return to substance use and associated behaviors. Understanding what triggers a relapse can help you intervene before you revert to old patterns.

Key Terms:

- Addiction
 - Addictive Behavior
 - Addictive Thinking
 - Emotional Buildup
 - Recovery
 - Treatment
 - Relapse Prevention
 - Continued Recovery
 - No Relapse Prevention
 - Relapse
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2) Addictive Behaviors as Warning Signs of Relapse

Addictive behaviors often precede a relapse. These could be behaviors that facilitate substance use or behaviors that you engaged in while using.

Question: What are your addictive behaviors?

Your Answer:

3) Addictive Thinking

Addictive thinking involves rationalizing substance use, often using flawed reasoning or excuses.

Question: What addictive thinking have you experienced?

Your Answer:

4) Emotional Buildup as Triggers

Feelings that intensify over time without resolution can lead to emotional buildup, increasing the risk of relapse.

Question: Have you experienced emotional buildup? How did it affect your substance use?

Your Answer:

5) Strategies to Prevent Relapse

Having a plan is crucial for preventing relapse when warning signs appear.

Question: What actions will you take to prevent a relapse?

- Calling a counselor
- Calling a friend
- Taking a day off
- Talking to your family
- Going to a self-help group meeting
- Exercising
- Talking to your spouse
- Scheduling time more rigorously

Question: What other actions might help you prevent a relapse?

Your Answer:

Final Thoughts

Being vigilant about addictive behaviors, thoughts, and emotional triggers is essential for relapse prevention. The moment you recognize any warning signs, immediate action is vital for maintaining your recovery journey.

Feel free to share and discuss your answers with your healthcare provider, counselor, or a trusted individual in your recovery network. This will help you develop a nuanced understanding of your risk factors and strategies to combat them.

Source: PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS