



INITIAL RELAPSE PREVENTION PLAN

PATIENT NAME: _____

DATE: _____

The Stages of Relapse

Relapse is a process, and it's not an event. To understand relapse prevention programs, you must comprehend the relapse stages. Relapse begins weeks or even months before the occurrence of physical relapse. This worksheet will teach you how to use specific relapse prevention strategies for each phase.

The three stages of relapse occurrence.

- Emotional relapse.
- Psychological or mental relapse.
- Physical relapse.

Emotional Relapse

In this phase, you're not thinking about using. But your sensations and behaviors are leading you up for a possible relapse occurrence in the future. The symptoms of emotional relapse are: **Restless, Irritable, and Discontent**

- Anxiety.
- Intolerance.
- Anger.
- Defensiveness.
- Mood swings.
- Isolation.
- Not asking for help.
- Not going to meetings.
- Poor eating and sleeping habits.



INITIAL RELAPSE PREVENTION PLAN

The symptoms of emotional relapse are also the signs of post-acute withdrawal. If you know post-acute withdrawal, avoiding relapse is less complicated, as the early stage of relapse is the easiest to pull back from. During the later phases, the pull of relapse gets more intense, and the sequence of occasions moves faster.

Early Relapse Prevention Plan

At this level, relapse prevention is recognizing that you are in an emotional relapse and modifying your behavior. Recognize your isolation and remind yourself to get assistance. Recognize your anxiety and employ calming strategies. Recognize that your eating and sleeping habits are deteriorating, and engage in self-care.

If you don't adjust your behavior at this point and stay in the stage of emotional relapse for too long, you'll feel fatigued, and when you're exhausted, you'll want to flee, pushing you into the stage of mental relapse.

Practice self-care. The most crucial and must-technique you can do to avoid recurrence is to take better care of yourself. Consider why you use substances. You use drugs or drinks to relax, escape, or treat yourself. As a result, when you don't take care of yourself and put yourself in intellectually and emotionally exhausting circumstances, you relapse.

For example, if you don't care for yourself, eat poorly, or sleep poorly, you'll be fatigued and want to run away. If you do not free up your resentments and concerns via relaxation, they will accumulate to the point that you will feel uneasy in your skin. You will feel alone if you do not seek assistance. If any of these circumstances persist for an extended period, you will consider using drugs again. However, practicing self-care may keep unpleasant sensations at bay and avoid relapse.

MY SELF-CARE PLAN INCLUDES THE FOLLOWING:



INITIAL RELAPSE PREVENTION PLAN

Mental Relapse

In mental relapse, there's a war going on in your mind. Part of your thoughts wants to use it, but part doesn't. You're just thinking about using in the early phase of mental relapse. But in the later stage, you're thinking about how to use it again.

The signs of mental relapse include the following:

- Thinking about individuals, places, and things you are used to.
- Glamorizing your one-time use.
- Hanging out with old friends who are using.
- Imagining about using.
- Planning about relapsing and lying.
- Plotting your relapse around other people's schedules.
- It gets more challenging to make decisions as the pull of addiction gets more intense.

Techniques for Dealing with Mental Urges

Play the tape through. When you think about using, you have the idea that you can control how much you use this time. You will only have one drink. However, play the cassette all the way through. One drink generally leads to another. You'll feel disappointed in yourself the next day. You might not be able to quit the next day, and you'll find yourself trapped in the same vicious cycle. When you listen to the tape all the way through, using drugs doesn't seem that enticing.

A typical mental drive is a belief you can use since no one would notice if you relapse. Perhaps your husband is away for the weekend, or you are on vacation. That's when your addiction will try to persuade you that you don't have a severe problem and are only doing it to satisfy your spouse or employer. Play the cassette all the way through. Remind yourself of the harmful repercussions you've already experienced and the possible ones that await you if you relapse again. If you could control your usage, you would have done it.

Tell someone that you have urges to use. Call a friend, support, or someone in recovery. Share with them what you're going through. The magic of sharing is that your urges disappear when you talk about your thoughts and feelings. They don't seem as big, and you don't feel alone.



INITIAL RELAPSE PREVENTION PLAN

Distract yourself. When you think about relapsing to addiction, do something to occupy yourself. Call a friend. Go to a meeting. Get up and go for a walk. If you sit there with your urge and don't do anything, you give your mental relapse room to grow.

Wait for 30 minutes. Most impulses last little more than 15 to 30 minutes. It seems like an eternity when someone is in the grip of a desire. But if you keep yourself busy and do the things you're required to do, it will pass fast.

Make your addiction recovery one day at a time. Don't think about how long you can go without drinking. That's a terrifying concept. Even folks who have been in recovery for a long time find it daunting.

You must match your ambitions and goals to your emotional strength one day at a time. Tell yourself you won't use it for the next week or month when you feel strong and determined. But if you're suffering and having a lot of desires, which will happen frequently, convince yourself that you won't use it today or in the next 30 minutes. Take steps to heal, and don't harm yourself by planning too far ahead.

Make relaxation part of your recovery. Relaxation is critical for relapse prevention because when you are uptight, you are likelier to do what is known and wrong rather than what is new and proper. When stressed, you tend to make the same mistakes you've made previously. You are more receptive to change when you are calm.

MY MENTAL RELAPSE RESPONSE PLAN:



INITIAL RELAPSE PREVENTION PLAN

Physical Relapse

It doesn't take long to get from worrying about relapse to bodily relapse if you don't employ any of the abovementioned tactics. Driving to the dealership. Driving to the liquor store.

At that point, it's difficult to halt the relapse process. That is different from where you should concentrate your recuperation efforts. That is abstinence achieved via coercion. However, this is not a recovery. You'll be able to catch yourself before it's too late if you know the early warning signals of relapse and comprehend the symptoms of post-acute withdrawal.

WHO DO YOU REACH OUT TO IF YOU DO USE: _____

Recovery happens in progressive stages. The first steps include the following:

- Establishing and maintaining abstinence.
- Identifying and learning to solve personal challenges.
- Understanding the significance of developing interpersonal and community relationships.
- Group and private counseling work towards resolving the three parts of addiction: mental, physical, and spiritual. Deep healing allows the recovering person to complete the treatment program, free of the need for drugs and the issues that led to their use. Contact us today at (844) 597-1011 to find the freedom you've been seeking.

Not Sure What To Do Next?

Free personal, private consultations with one of our counselors 24/7 at We Level Up.