

Avoiding Relapse

Your drug & alcohol use

Recovering from addiction is a journey that takes time – often two years or more, and sometimes even a lifetime. It's essential to remember that your path to recovery is entirely your own, unique experience.

During this journey, you'll face various ups and downs, and there might be moments when you feel the temptation to return to your old habits.



To prepare yourself for these challenges, it's important to develop strategies to handle these temptations and cravings.

We call these strategies "Relapse Prevention," and they have two main goals: First, they help you manage the desire to use substances if you have a slip, making sure it's just a minor setback. Second, they assist you in getting back on track with your recovery as quickly as possible.



The first step in this sequence is all about understanding what triggers your substance use. We'll break it down into three sections:

- 1. Substance Use Patterns: Think about a typical time when you used substances. We want to know what you used (the type of drink or drugs), how much, and for how long.**



2. External Factors: Let's examine the situation around your substance use. Who were you with, where were you, and what time of day or week was it?

3. Internal Factors: It's also important to consider how you were feeling inside your head and body when you used substances. We'll explore these factors in this section.



**Emotional
Trigger**

Craving

Ritual

Using

Guilt

**Addiction
Cycle**

Explore Your Substance use

What did you use?

How much did you use?

How long did you use for?

External Factors

Who were you with?

Where were you?

Internal Factors

What were you feeling emotionally?

How were you feeling physically?

By taking a close look at these factors and mapping them out, you'll be better prepared to recognize potential challenges and stay on track in your recovery journey.