 Preventing Relapse

It’s important to do everything possible to avoid relapse.

Also, remember that knowledge is power! The more tools you have in your tool box for staying well, the less likely you will relapse.

Sometimes folks who relapse have not been doing their recovery or have done little work when it comes to recovery and other sometimes we self-sabotage our wellness because it’s what we “know” …. there are however times, when our brain chemistry just messes up and we have no control over it.

But, here’s what you need to pay attention to/this is the “process” the “things” to pay attention to:

1. A build-up of stressful circumstances and feelings.
2. Emotional overreaction, a sense of being overwhelmed
3. Denial and pretending to be OK, knowing you are not
4. Failure to reach out for support
5. Making excuses and telling lies to self and others

1. Increased isolation due to dishonesty and shame
2. Feeling of hopelessness and self-pity return
3. Self-sabotage, “finding self” in high-risk situations
4. Giving in to cravings and urges, “Just this once”
5. Defeatist attitude or failure, despair and frustration

**Ways to prevent relapse:**

1. Pay attention to stress. Identify it easily and practice slow, deep breathes to calm down.
2. Pay attention to your sleep patterns.
3. Take your meds as they were prescribed.
4. Take inventory. Assess your program for weak spots then target them with your counselor or peer support person, or a friend. Use the Fresh Hope tenets as your guide.
5. Feel the feelings. You can’t heal if you don’t feel. When you have a feeling DON’T ignore it. If you feel it, you will heal it.
6. Stay close to your support group. Missing meetings leads to relapse. Staying close to the program is a form of insurance.
7. Don’t ignore problems. Identify problems as they come up. Ignoring them or stuffing them creates anxiety that can trigger relapse.
8. Stick with your peeps. Be mindful of old friends that are negative, stick with your new ones that are positive and hope-filled.
9. Share at your Fresh Hope group meetings. Keeping quiet is how relapse starts. Even if you think it’s silly share anyway.
10. Don’t isolate. Wanting to be alone can be a sign of depression. Admit when you’re struggling.

If you relapse, see it as another step towards recovery. Learn from it all that you glean and change what you can change and continue to move forward. If self-forgiveness is necessary due to the reason for relapse work through it and move forward.

Sources: CounselingRecovery.com

a-recovered-life-tumblr.com