

Relapse Prevention, Part 2

Introduction

Welcome to the second Relapse Prevention session of the *Living in Balance* program. This session will focus on basic aspects of relapse prevention, and a few more challenging ones, as well. The session begins with a review of the ways that triggers lead to relapse, different types of triggers, and defusing triggers. Next, the session provides techniques that are designed to avoid triggers and to stop thoughts from leading to relapses. Then you will be asked to identify areas in your life that can help you to visualize the building of a mental wall to prevent relapse. Finally, you will be asked to participate in an exercise to examine your trust of others in helping you with your recovery.

What is in this session?

This session has three major parts: (1) Relapse and Triggers, (2) Building a Wall to Prevent Relapse, and (3) Trusting Others to Help You with Your Recovery.

- ✓ After participating in part 1, you will be able to
 - Understand how triggers can lead to relapse
 - Identify different types of triggers
 - Enhance your ability to avoid and defuse triggers
 - Understand how to use “thought-stopping” as a way to stop thoughts from becoming triggers



SESSION 33 HAS THREE MAJOR PARTS:

1. Relapse and Triggers
2. Building a Wall to Prevent Relapse
3. Trusting Others to Help You with Your Recovery

- ✓ After participating in part 2, you will be able to
 - Understand the need to build a protective wall against relapse
 - Identify things that you need to do to strengthen your physical well-being
 - Identify things that you need to do to strengthen your emotional well-being
 - Identify things that you need to do to strengthen your relationship stability
 - Identify things that you need to do to enhance your spiritual growth
 - Identify some personal weaknesses that may put you at risk for relapse

- ✓ After participating in part 3, you will be able to
 - Understand your level of trust in others in assisting you
 - Identify obstacles to trusting others
 - Recognize the need to rely on others at times during recovery

What will be asked of you?

You will be asked to review ways in which triggers can lead to relapse, different types of triggers, and techniques for avoiding and defusing triggers. Because triggers are personal and can be emotional issues, reviewing this information can be challenging. However, reviewing this information can help you learn one of the most important skills that you will need for your recovery: stopping triggers from leading to relapse. You will be asked to identify the things you need to do to strengthen your protection against relapse. You will also be asked to examine your own level of trust in others to assist you in the recovery process.



Part 1: Relapse and Triggers

Preventing relapse to drugs and alcohol is one of the most challenging parts of sobriety. The desire to use again, even after a long period of abstinence, can be extremely intense. This desire to use can be triggered by many things: depression, anxiety, disappointment, failure, stress, anger, conflicts with other people, health problems, sleep problems, even success or joyful celebrations. Once the desire to use takes hold, it can be very difficult to stop it—like a train without brakes. That is why it is important to learn and practice relapse prevention skills. They give you brakes to help you avoid a crash.

Remember that the characteristics of addiction include compulsion, loss of control over drug use, and continued use of drugs and/or alcohol despite negative consequences. Other symptoms of addiction include obsessive drug thoughts, cravings, and relapse. Relapse prevention focuses on preventing these symptoms from reappearing after abstinence is achieved. In particular, relapse prevention helps the drug-addicted individual learn how to cope with the desire to use and make decisions to prevent future relapse.

Addiction-influenced thinking leads many people to believe that if they don't use drugs for a few days or weeks that the problem is solved. Yet, being free of symptoms does not mean that the underlying addiction has been eliminated. Addiction is a powerful force and difficult to manage.

Many people who become addicted have addictive personalities. They tend to do many things in life in an extreme way. They tend to make decisions based more on their emotions than on their judgment. Once people know this about themselves, and they know their weaknesses and vulnerabilities, they can make healthy lifestyle changes in order to avoid certain behaviors, people, and places that can trigger relapse.

Effecting such a change in attitudes and lifestyles requires frequent positive reinforcement and social support. Relapse prevention sessions help provide this needed support and encouragement.



LEARNER OBJECTIVES FOR PART 1:

You will

- Understand how triggers can lead to relapse
- Identify different types of triggers
- Enhance your ability to avoid and defuse triggers
- Understand how to use “thought-stopping” as a way to stop thoughts from becoming triggers

It is important to learn and practice relapse prevention skills.



EXERCISE 1

Please answer the following questions:

1. What are some things that are most likely to lead you to relapse today? Please explain.

2. What are some things you are doing to prevent that from happening?

3. What additional steps could you take to prevent relapse from happening?

Triggers

All recovering addicts know certain people, places, things, and feelings that remind them of using drugs. These people, places, things, and feelings became associated with drug use and can activate or trigger thoughts about using drugs. These high-risk people, places, things, and feelings are called triggers.

Triggers automatically lead to drug thoughts.



Drug thoughts lead to drug craving and obsession.



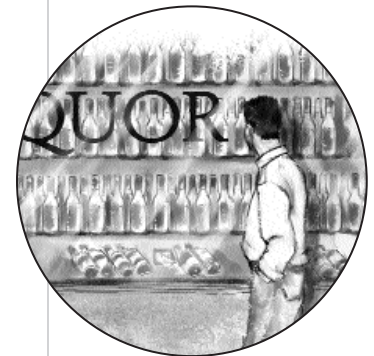
Drug craving and obsession often lead to relapse.

Internal triggers are emotional states that people may experience prior to, during, or after drug use. People may feel euphoric, depressed, anxious, or sexually aroused in drug-related situations. Later, these feelings can remind them of drug use.

External triggers include external events, places, things, or times that the user has learned to associate with prior drug use. For instance, these triggers might include the neighborhood where drugs were routinely purchased, a dealer's apartment, a payday, or weekend evenings.

External triggers also include specific people who were involved in the transaction. Drug paraphernalia can also serve as a strong trigger for drug thoughts and cravings.

Sensory triggers are related to the senses of sight, sound, smell, taste, and touch. Sensory triggers may include white powders, types of music or specific songs, certain smells and tastes, and sexual experiences.



High-risk people, places, things, and feelings are called triggers.



EXERCISE 2

Please answer the following questions:

1. What are some triggers that have been particularly difficult for you to deal with recently?

2. What are some examples of things that are currently internal triggers for you?

3. What are some examples of things that are currently external triggers for you?

Defusing Triggers

Remember: Triggers automatically lead to drug thoughts. Drug thoughts lead to drug craving and obsession. Drug craving and obsession often lead to relapse.

Step 1: Identify triggers. Recovering people should learn to recognize and identify their triggers. They should become aware of what people, places, and things trigger thoughts of drugs. They should be aware of when these triggers occur and what makes them worse.

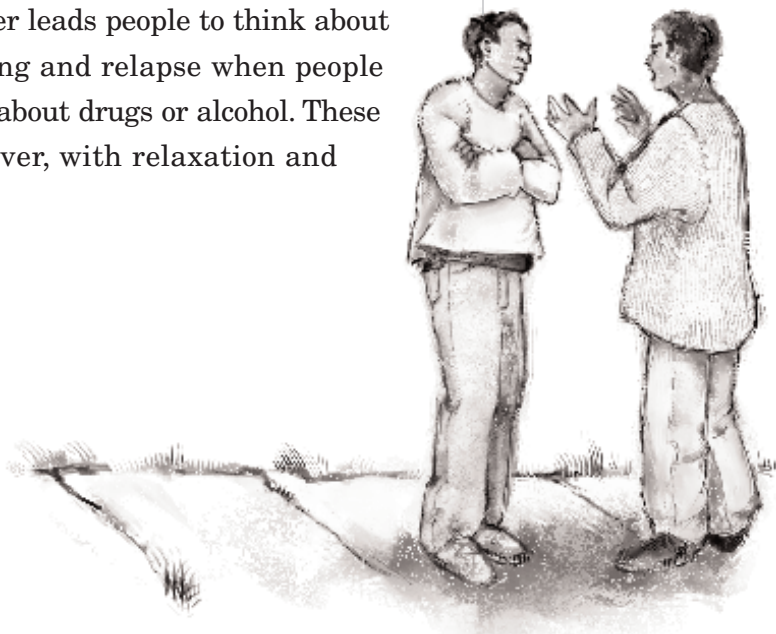
Step 2: Avoid triggers. Whenever possible, people should avoid all high-risk situations, high-risk people, and other triggers. Triggers are red flags that signal danger.

Step 3: Interrupt triggers. Some triggers, such as specific days of the week, certain times of the day, or specific feelings, cannot be avoided. These triggers can be interrupted, however, by engaging in a healthy activity that can break the power of the trigger, such as attending an AA/CA/NA meeting right after work on Fridays.

Step 4: Talk about triggers. The goal is to stop triggers from causing drug hunger. Silence is the enemy of recovery. Triggers will remain powerful when people don't talk about them. Talking about triggers helps reduce their power.

Step 5: Thought-stopping. A trigger leads people to think about drugs. These thoughts lead to craving and relapse when people continue to have obsessive thoughts about drugs or alcohol. These thoughts can be interrupted, however, with relaxation and visualization exercises.

**Talking about triggers
helps reduce their power.**





EXERCISE 3

Please answer the following questions:

1. What are some techniques that have helped you to avoid triggers?

2. What are some techniques that have helped you to interrupt triggers?

Relapse Prevention Exercise: Avoiding Triggers

The best time to stop a trigger from leading to relapse is (1) before a specific trigger is experienced or (2) before a trigger leads to cravings.

Thus, one of the best relapse prevention techniques is to avoid high-risk trigger situations. Placing yourself in a high-risk trigger situation usually does not happen by accident. It happens by making a series of small decisions that lead you into that situation.

The following visualization involves avoiding high-risk people, places, and things that would probably trigger drug thoughts.

**EXERCISE 4****VISUALIZATION: AVOIDING TRIGGERS**

Pause for a while and relax. Breathe deeply for a few minutes.

Let yourself sink into a calm, relaxed state.

During this exercise, continue to feel relaxed, comfortable, and safe.

After reading these instructions, you will close your eyes and make a mental image of a recent high-risk situation where you thought about drinking or drugs. In other words, you will think about a recent event or situation that triggered drinking/drug thoughts. This may have led to an actual relapse, or maybe not. But it could have or it could in the future. This may have been entering a friend's house where you used to use or drink. It may have been seeing someone who reminds you of the old days of partying. In may have been a particular frustration or disappointment that made you feel like giving up—or just having a good time.

Whatever mental image you select, you realize that if you were in that situation right now, it would automatically make you think about drinking and drug use. Keep in mind, though, that right now you are feeling relaxed, comfortable, and safe.

Whatever mental image you have chosen, imagine that you are able to see that image on a television screen, as if it were a movie playing on a VCR. Imagine that you are able to make the movie go forward, go backward, and even pause, whenever you need to do so.

Now imagine the high-risk trigger situation. You can clearly see the image on the television screen. You might imagine that you can see yourself on the television screen. You might imagine watching yourself about to enter the

high-risk situation. You see yourself about to encounter a strong trigger for drinking or drug use.

Now imagine rewinding the tape to a few hours before you got into that situation. What were you doing? What decisions did you make that led you into the high-risk situation? What decisions could you have made that would have helped you to avoid that high-risk situation?

Before you actually enter the high-risk situation, you can pause the movie. While the image is paused, you have time to think about the consequences of being in a high-risk situation. You are able to consider what might happen if you were to go into that high-risk situation. You might think about the frustration, destruction, and heartbreak that drug use causes. You may decide that you do not want to experience that again and would like to continue to avoid using drugs or drinking.

You can put this mental VCR in reverse and rewind the movie to a point before you entered the high-risk situation. Going back a few hours or even a day, you might notice that you made many small decisions that led up to entering this high-risk situation.

Every day you will make important decisions about your recovery. Many of these decisions may seem simple and unimportant, but they are often very important. As you make decisions, you may find it helpful to think, "Is this good for my recovery, or is it bad for my recovery?"

Now bring yourself back to current reality. Allow yourself to feel refreshed and awake. If this exercise caused you feelings of discomfort or craving, speak with your counselor or someone else you trust about these feelings. Make sure that you are able to manage these feelings.

**EXERCISE 5**

Please answer the following questions:

1. What was the high-risk trigger that you imagined?

2. What were the small decisions that ultimately led to your facing a high-risk trigger?

3. How might different decisions lead to avoiding this high-risk trigger situation?

The Four Steps from Trigger to Relapse

Step 1: TRIGGERS

Step 2: THOUGHTS

Step 3: CRAVINGS

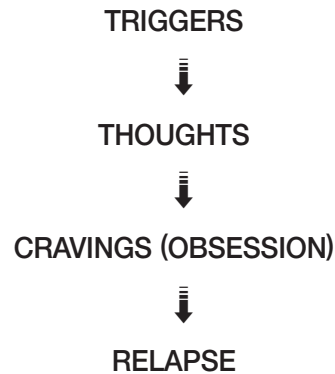
Step 4: RELAPSE

**DEFINITION OF TRIGGERS:**

Those people, places, and things that remind you about past drug-using experiences.

Relapse Prevention Exercise: Thought-Stopping

Remember that triggers automatically lead to drug thoughts. Drug thoughts lead to drug craving and obsession. Drug craving and obsession often lead to relapse. Imagine a series of steps:



The best way to stop a trigger from leading to relapse is to avoid triggers. However, some people, places, things, and feelings may suddenly trigger drug thoughts. One way of stopping these drug thoughts from developing into drug cravings is to interrupt or stop them. You can stop the process at any one of these steps. The earlier you stop the process, the more likely it is that you will be able to prevent a full-blown relapse.

Let's review each step in more detail:

Step 1: TRIGGERS. Triggers are those people, places, and things that remind you about past drug-using experiences. They will automatically lead you to think about drugs or drinking. Triggers can be internal, external, or sensory. Triggers can be avoided or interrupted.

Step 2: THOUGHTS. Triggers automatically remind you of drugs or drinking, but you decide whether to continue thinking about drugs or alcohol. Being in high-risk situations leads people to think excessively about using. Thoughts can be interrupted.

Step 3: CRAVINGS. Staying in high-risk situations often leads to obsessive thinking about drugs or alcohol. Obsessive thoughts that are not interrupted may lead to drug cravings that can include both physical and psychological symptoms. Obsessive thoughts combined with physical cravings are a dangerous combination that can lead to relapse.

Step 4: RELAPSE. Drug or alcohol triggers and thoughts can be interrupted much more easily than cravings. Preventing relapse is easiest before triggers and thoughts lead to cravings. But even if craving begins, there are things that you can do to stop the craving—leave, do something different, or talk through it with someone you trust.



EXERCISE 6

VISUALIZATION: THOUGHT-STOPPING

During this exercise, continue to feel relaxed, comfortable, and safe.

Pause for a moment and relax. Take a few deep breaths. Close your eyes and imagine a large blackboard on the wall. On that blackboard, imagine writing your most important goals in life—it could be one, two, or three goals. Think about those goals and how important they are to you. When you think about these goals, you lose your desire for drugs or alcohol. When you think about these goals, you feel good and confident. When you think about these goals, you feel strong enough to overcome any temptation.

If you stop thinking about your personal goals and let yourself only think about using drugs or drinking, you may begin to feel cravings coming on again. So you visualize these goals written on the blackboard. You know that if you let yourself drink or use drugs, it will be so much harder for you to ever reach these goals. Think about how



Obsessive thoughts that are not interrupted may lead to drug cravings that can include both physical and psychological symptoms.

using drugs or drinking in the past destroyed your ability to meet your personal goals. Think about how many setbacks you have had in the past.

Now think about the next steps you need to take to reach these goals. Think of small, easy steps. Think of one step at a time. Imagine yourself taking these steps. Each step you take is another step away from using drugs or drinking. Each accomplishment you have is another step toward your personal goals. Tell yourself that you can do it. You have the will, the desire, the determination to improve your life—to take the next step.

You feel good and confident and comfortable. You have conquered your thoughts about drinking or using drugs. You have stopped the process of relapse. You know what you need to do next. Change your situation. Get back on track. Talk to someone you trust. Affirm your goals—pursue your dreams! You are now awake, back to reality. But these feelings of confidence stay with you. Keep those goals at the front of your mind. Let your thoughts be dominated by your goals and dreams, not by drugs or alcohol.

Whenever you begin to think about drinking or using drugs, you can imagine this blackboard. You can imagine yourself focusing on your goals, and stopping the drinking or drug thoughts.



EXERCISE 7

Please answer the following questions:

1. Describe a situation where something triggered the desire or urge to use.

2. How did you handle that situation?

3. How do you think you could have used a thought-stopping technique?

4. What goals are most important to you right now?



LEARNER OBJECTIVES FOR PART 2:

You will

- Understand the need to build a protective wall against relapse
- Identify things that you need to do to strengthen your physical well-being
- Identify things that you need to do to strengthen your emotional well-being
- Identify things that you need to do to strengthen your relationship stability
- Identify things that you need to do to enhance your spiritual growth
- Identify some personal weaknesses that may put you at risk for relapse

Avoiding relapse or stopping it while it is happening is extremely difficult. You will need help with this. That is why it is important to attend self-help groups or counseling sessions. That is why you need the support of your friends and family members. But for people who have become addicted to drugs or alcohol, relapse is a common experience.

It is important that you do not let a relapse go on and on. Stop it as soon as you can. The longer you let it go on, the harder it may be to stop. It usually does not help to put yourself down, to kick yourself, to tell yourself that you are just a failure. You have to take responsibility for your actions and stop the process. Sometimes it may mean checking into a hospital or residential treatment program. Get yourself back on track. Get yourself back into recovery. Get your life back into balance.



Part 2: Building a Wall to Prevent Relapse

Once people have experienced addiction, they know how difficult it is to stop once it has started. If you are in recovery and have succeeded enough to have a short period of abstinence, it is critical that you build for yourself a protective wall between you and your addiction. Only such a wall can help you avoid putting yourself in situations that have a high chance of leading you back to using drugs or drinking.

This wall is imaginary or psychological, but it also has to be very real. You have to be able to visualize this wall and have the confidence that you can keep drugs and alcohol outside of this wall. Over time, you may not need this wall—once your life has changed enough, you will very rarely have drug or alcohol thoughts or cravings. You may not need this wall once your life is filled with fulfilling activities and people and places that have nothing to do with drugs or alcohol.

You can imagine this wall as being made up of five levels: (1) physical well-being, (2) emotional well-being, (3) relationship stability, (4) spiritual growth, and (5) knowing your weaknesses. You must continually work on keeping each of these levels in place. The wall will never be perfect. There will always be weak points in it. But if you continue to focus on keeping these levels in place, this can help you to prevent relapse until you are strong and secure enough not to need to visualize this wall.



Let's discuss each of the levels of this wall to prevent relapse.

Level 1: Physical well-being. This level is the most basic. It involves taking care of your physical health. It is very important to eat healthy food, exercise regularly (even if it is only walking), get enough sleep, take care of your personal hygiene, and take care of any dental or medical problems. This requires attention, discipline, and commitment to a healthy lifestyle. If you take care of your body, you will go a long way toward preventing relapse. This first level of your wall to prevent relapse must be quite solid and secure, because the other levels go on top of it.



EXERCISE 8

Please answer the following questions:

1. What kinds of things do you need to do to maintain your physical well-being? Describe them.

2. What steps do you need to take next to build the physical well-being level of your wall to prevent relapse?

Level 2: Emotional well-being. Emotional well-being does not mean being happy all of the time or not having any problems. Everyone has problems. Everyone has bad days, bad moods, bad times. Emotional well-being means being able to manage your emotions. It means keeping yourself emotionally balanced enough to get by. If you have serious emotional problems, get the help you need, whether it is counseling, therapy, or medication. Get a professional consultation and follow professional advice.

Emotional well-being means being able to talk about your problems and feelings without letting them control your life. Emotional well-being means using your head—making good decisions—even when you do have strong feelings. This may be a challenging level to build. It will require constant attention and rebuilding, but it will help you to prevent relapse to drugs or alcohol.



EXERCISE 9

Please answer the following questions:

1. What kinds of things do you need to do to maintain your emotional well-being? Describe them.



Emotional well-being means being able to manage your emotions.

2. What steps do you need to take next to build the emotional well-being level of your wall to prevent relapse?



It is important to have people in your life that you can trust, talk to, and count on, and who help you to be more stable.

Level 3: Relationship stability. Relationship stability also does not mean that you will avoid the normal ups and downs in relationships. But it is important to have some stable relationships that you can rely on. Early in recovery, it is generally recommended not to begin new romantic or sexual relationships because they tend not to be stable and can lead to relapse. It is even possible that there is a chemical explanation for this. A new exciting romantic or sexual relationship generates chemicals in your brain that can be similar to using drugs or drinking. This can also serve as a trigger to think about or crave drugs or alcohol. So it may be necessary for you to wait several months or even longer before you become involved like this once you become abstinent. Allow time to let your brain get back to normal.

Conflict in relationships can also lead to instability. So it is important to try to keep conflict to a minimum. If there are friends or family members you keep fighting with or having problems with, it might be necessary to keep away from them for a period of time. It is important to have people in your life that you can

trust, talk to, and count on, and who help you to be more stable, not less. This may require attention and discipline. It may even require painful separations or losses. But this level of the wall is also essential for preventing relapse and maintaining sobriety.



EXERCISE 10

Please answer the following questions:

1. What kinds of things do you need to do to maintain your relationship stability? Describe them.

2. What steps do you need to take next to build the relationship stability level of your wall to prevent relapse?

Addiction is a self-centered process.

Spirituality is an other-centered process.

Level 4: Spiritual growth. Spirituality means very different things to different people. The most important thing here is that you have something that is meaningful to you in your life. This may be religion, or it may be something very different, such as personal meditation, reading, spending time in nature, hiking, or participating in sports, art, or music. It could be many things—but preferably not watching television, which can be a less dangerous form of addiction. It is important to have something meaningful in your life that is bigger than yourself—that expands your mind and strengthens your values and beliefs and faith in life.

Addiction is a self-centered process. Spirituality is an other-centered process. That is, spirituality is a process that focuses on something outside of yourself. Spirituality is also a process of growth. It is never-ending. You can continue to learn and reach higher levels throughout your life. This is also an important level of the wall to build to help you prevent relapse to the self-gratification of using drugs or alcohol.



EXERCISE 11

Please answer the following questions:

1. What kinds of things do you need to do to maintain your spiritual growth? Describe them.

2. What steps do you need to take next to build the spiritual growth level of your wall to prevent relapse?

Level 5: Knowing your weaknesses. Once you have built a mental wall of physical well-being, emotional well-being, relationship stability, and spiritual growth, you should have a solid foundation to prevent future relapse. However, every person also has his or her own unique weaknesses and vulnerabilities that can quickly knock down even a solid wall when they overtake the person. It is therefore important to know your weaknesses and vulnerabilities and to have specific plans in place for handling them when they arise. There may be certain kinds of experiences, people, places, or even memories that are BIG triggers for you. You have to be aware of these, and know what you need to do about them if necessary.

Knowing your weaknesses means knowing what specific things you need to avoid. Or, if these things can't be avoided, it means knowing how to deal with them. You need to have a way to resolve these issues. If you have some unresolved conflicts that you know may take you years to resolve, then you need to have a long-term



It is important to know your weaknesses and vulnerabilities and to have specific plans in place for handling them when they arise.

plan for resolving them. But you also need a temporary plan for dealing with them in the meantime. Building this level of the wall requires practical solutions to problems that may be very difficult or challenging. You may need help to find these practical solutions. But it is essential that you address these weaknesses, so that you can prevent yourself from using drugs or alcohol if you are suddenly confronted with them.



EXERCISE 12

Please answer the following questions:

1. What kinds of things do you need to do to help you know your weaknesses? Describe them.

2. What next steps do you need to take to build the knowledge of weaknesses level of your wall to prevent relapse?

Building a wall to prevent relapse is not an easy process. It requires time and commitment. It is also not something that is completed and forgotten. It is an ongoing process. It requires maintenance and rebuilding, sometimes over and over again. Eventually, you may not need this wall to help you to prevent relapse. You may no longer need to visualize this wall, because you have internalized the wall. Hopefully, you will reach a point where these levels of the wall are foundations of your life, and you live them every day. This is a life in balance—not perfect, but stable and meaningful and fulfilling—without the need to use drugs or alcohol to get high.



Part 3: Trusting Others to Help You with Your Recovery

Addiction is a dependency on alcohol or other drugs. In order to overcome a dependency on one thing, you sometimes need to depend on something else, at least temporarily, until you can handle it on your own. It is important in recovery to ask for and accept help from others. It is sometimes important to depend on them. But before you can receive help from others, you have to trust them. This does not mean that you trust just anyone. You have to use your judgment. Do these persons deserve your trust? Do they have the experience needed to help you? Do they have your best interest in mind? Or are they using or exploiting you for their own needs? These are all reasonable questions you must ask before you put your trust in others to help you.

It may be very hard for you to trust others to help you, especially if you have been hurt, used, or abused by others in the past. You may pretend to trust others, but not really trust them enough to be truthful and honest. You may be afraid that others will judge you or disapprove of you. You may be afraid that they will see how bad you have been, and this is shameful to you. There are many reasons we are afraid to trust others. But overcoming addiction is a very difficult process, and most people need the help of others.



LEARNER OBJECTIVES FOR PART 3:

You will

- Understand your level of trust in others in assisting you
- Identify obstacles to trusting others
- Recognize the need to rely on others at times during recovery



EXERCISE 13

Please answer the following questions:

1. Do you see yourself as a person who trusts others to help you?

Yes No

Please explain your answer.

2. What are some of the obstacles or fears you have about trusting others?

3. What things would help you to be able to have greater trust in others, so they could help you?

**EXERCISE 14****THE TRUST WALK EXERCISE**

The Trust Walk is an exercise that has been used to help people identify their level of trust of others. This is only an exercise, and it will not reveal your true level of trust of others. It will not show you whether you can be completely honest with others or trust them with your most important concerns. But it can give you a way to think about trusting others. It is a simple exercise that you must do with another person, who will lead you around while you are blindfolded. This exercise may help you to think about how easy or difficult it is for you to trust others to assist you. This can be an enjoyable exercise, too. You will probably have a little fun.

All you need for this exercise is a blindfold and another person to pair up with. It is important that you trust this person at least enough to know that he or she will not risk your safety. It is also better if this person is of the same sex as you, but it is not essential.

The instructions are very simple. Put on a blindfold and let the other person lead you wherever he or she wishes for about fifteen minutes. You should decide beforehand the limits of where you can go, either inside or outdoors, and how far you can go. Any dangerous or risky places should be avoided. Put your left hand on the other person's right shoulder so that you have to walk behind and to the right, not immediately behind the person. Let this person guide you around the area, avoiding obstacles. If you are doing this as a group activity, reverse roles after fifteen minutes and let the other person be the follower while you lead him or her around.



EXERCISE 15

Please answer the following questions:

1. How did it feel to be led by someone else? Were you able to trust this person? Please explain.

2. What were some of your fears or reservations about trusting the other person?

3. How does this exercise relate to your ability to trust other people with your feelings or to help you in your recovery?

Trusting others to lead you around a room or outdoors can be fairly simple. Trusting someone to help you with your problems, emotions, fears, and secrets can be much, much more difficult. Trust is not something that comes immediately. It is gained over time, when you experience that you are being treated with respect and dignity. It may be necessary for you to learn to trust again, which can be an important part of your recovery and can help you to maintain your sobriety and prevent relapse.



Session 33 Summary

In this session you have reviewed ways in which triggers can lead to relapse, different types of triggers, and techniques to avoid and defuse triggers. Because triggers are personal and can be emotional issues, reviewing this information may have been challenging. However, reviewing this information was important because it taught you one of the most important skills that you will need for your recovery: stopping triggers from leading to relapse. You have visualized the building of a mental wall to help you prevent relapse by giving you a foundation of physical well-being, emotional well-being, relationship stability, spiritual growth, and knowledge of your weaknesses. Finally, you have explored your ability to trust others on your journey of recovery.