RELAPSE PREVENTION EDUCATION

Relapse--part of the recovery process

Options to recovery: drink/drug/sex/commit suicide/go crazy/batter

- Relapse is a process, not an event.
 37 steps to relapse--Gorski and Miller Learn to recognize warning signs (red flags)
- 2) Formed by attitudes, values and behaviors, thoughts, feelings
- 3) Gets worse until interrupted
- 4) Allows symptoms to be reactivated.

Progression of Addiction/Abuse (Addictive/Abusive behavior)

- 1) Unregulated behavior
- 2) Attempts to control quantity (2 drinks/2 blows) or behavior (abuse once a week)

3) Attempt to control by changing type of drink/drug/abuse (emotional rather than physical)

- 4) Pursuing definite periods of abstinence (i.e. celibacy)--return to abusive behavior
- 5) Decision to stop. No life style change
- 6) Use of drugs or other behavior to assist in control (abuse to alcohol/abuse to exercise)
- 7) Decision to stop. Pursue program to change lifestyle.

Sobriety based symptoms

Personality Styles--(styles that are blocks to recovery)

A) Extreme independence--"John Wayne"

Adapted from Gorski and Miller (1987) Counseling for Relapse Prevention.

- B) Extreme dependence--"rely on others" "Olive Oyl"
- C) Counterdependence (look like A outside--feel like B inside)

In order to recover, must develop "functionally Independent" style of personality. This means:

Recognize strengths and draw on them

Ask for help with weaknesses after recognizing them

Stages of Recovery

A) Pretreatment= learning by consequences (arrest - Jail) you can't indulge in abuse

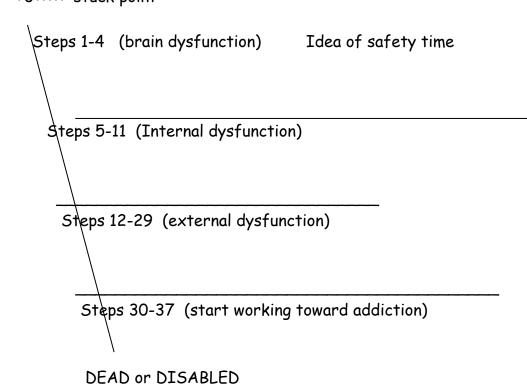
- B) Stabilization= Regaining control of
 - 1) Thoughts
 - 2) Emotions
 - 3) Memory
 - 4) Judgment
 - 5) <u>Behavior</u>
- C) Early recovery
 - 1) Accepting responsibility and learn to function without addictive/abusive behavior
- D) Middle= normal, balanced lifestyle
- E) Late= develop stabilized life problems
 - 1) self-esteem 3) healthy intimacy
 - 2) spiritual growth 4) Meaningful living
- F) Maintenance

Escalator--trying to walk up it. Not a smooth ride--always move forward.

Adapted from Gorski and Miller (1987) Counseling for Relapse Prevention.

D O W N

SLIPPERY SLIDE-- have periods of sanity along slide-have chance of grabbing sanity and climbing back out 37 Signs of relapse >0<<<t stuck point



Personalize points Give examples of each Do an Autopsy of your last violent incident

37 Signs of relapse

Brain Dysfunction

- 1. Apprehension about Well-Being
 - 2. Denial
 - 3. Adamant Commitment to Sobriety/Non-addictive behavior/Non-violence
 - 4. Compulsive attempts to change others

Adapted from Gorski and Miller (1987) Counseling for Relapse Prevention.

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Internal Dysfunction

5. Defensiveness

6.

- Compulsive Behavior
 - 7. Impulsive Behavior
 - 8. Tendencies toward Loneliness
 - 9. Tunnel Vision
 - 10. Minor Depression
 - 11. Loss of Constructive Planning

External Dysfunction

- 12. Plans begin to FAIL
 - 13. Idle Daydreaming and Wishful Thinking
 - 14. Feeling "NOTHING CAN BE SOLVED"
 - 15. Immature wish to "BE HAPPY"
 - 16. Periods of Confusion
 - 17. Irritation with Friends
 - 18. Easily Angered
 - 19. Irregular Eating Habits

- 20. Listlessness
 - 21. Irregular Sleeping Habits
 - 22. Loss of Daily Structure
 - 23. Periods of Deep Depression

25.

- 24. Irregular attendance at Treatment/Meetings
 - "I Don't Care Attitude"
 - 26. Open Rejection of Help
- 27. Dissatisfaction with Life
 - 28. Feeling Powerless & Helpless
 - 29. Self-Pity

Working Toward Renewing Addictive/Abusive Behavior

- 30. Thoughts of Social Drinking/Moderated Addictive Behavior/Violence/Abuse
 - 31. Conscious Lying
 - 32. Complete Loss of Self-Confidence
 - 33. Unreasonable Resentments
 - 34. Discontinuing All Treatment
- 35. Overwhelming Loneliness, Frustration, Anger, Tension
 - Start of "CONTROLLED" Drinking/Addictive/Abusive behavior (sarcasm)
 Loss of Control

Adapted from Gorski and Miller (1987) Counseling for Relapse Prevention.