

RELAPSE PREVENTION EDUCATION

Relapse--part of the recovery process

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

- 1) 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) Behavior

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<<<<< stuck point

Steps 1-4 (brain dysfunction) Idea of safety time

Steps 5-11 (Internal dysfunction)

Steps 12-29 (external dysfunction)

Steps 30-37 (start working toward addiction)

DEAD or DISABLED

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.

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
24. Irregular attendance at Treatment/Meetings
25. "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
36. Start of "CONTROLLED" Drinking/Addictive/Abusive behavior (sarcasm)
37. Loss of Control

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