

Drug and Alcohol Relapse Prevention - 5 Solutions to Common Relapse Triggers

Drug and alcohol relapse is a fact of life for many people in addiction recovery. Relapse prevention is the strategy to interrupt the process before return to use occurs.

Though figures vary, the fact is that the majority of addicted people who try to quit using alcohol and drugs do not do so on the first attempt, they slip or relapse. Relapse is not inevitable, but rather, frequent.

Here are 5 solid strategies to counteract common causes or mindsets that are dangerous to a persons' addiction recovery:

1. Decrease stress -Find coping strategies to handle the tremendous stress of being in recovery and facing life. The more stress that is unresolved, the more attractive a return to drinking or drugging may become to handle it.
2. Work on loneliness and isolation - Addiction is a disease of isolation, recovery involves reconnecting with people. A critical part of building a solid recovery is to establish a sober social support network. Part of the joy of recovery is establishing new and meaningful relationships.
3. Find meaningful purpose - Perhaps it is time to look at a new job or career, go back to school (at any age), or do some volunteer work. At some point, simply not drinking or drugging becomes old. The solution is to be active in a fulfilling purpose. If that is occurring the idea of returning to use is almost ludicrous.
4. Work on relationships - In most cases, saying 'I'm sorry' is not enough. The number one strategy to heal relationships is to stay sober. Action counts, not words. One truth of addiction is that the addict greatly underestimates the pain and damage their use has caused in relationships. Addiction is called a family disease, counseling should be considered for all involved.
5. Counteract the return of denial - A common phase in the relapse process is the return of justification or rationalization that a return to using drugs or alcohol is OK. Common examples are fondly remembering only the good times had when using, thinking 'I wasn't that bad', or 'just one won't hurt'. Lastly, the most dangerous enemy is the most insidious and least obvious: complacency, easing off on the activities of active recovery.

One way to visualize the relapse and recovery process is to picture a swing in motion. You are either swinging away from recovery and moving toward relapse, or moving back the other way moving away from relapse into recovery. You are never standing still. Just saying no is not enough; recovery is a program of positive growth and most importantly, action.

And now I would like to give you an opportunity to learn, in more detail of the preventable dangers of drug and alcohol relapse.

I would like to invite you to claim our, free mini-course titled "5 Common Mistakes People Make In Recovery, And How To Avoid Them". To gain instant access, visit us at: <http://therecoveryclub.com>

Thank you from Bill Urell and the Addiction Recovery Basics Network.