

Relapse Prevention Tools

by BILL URELL on

There are some relapse prevention tools that can come in very handy. Everyone is different, but in the general there are certain steps and skills that are needed to progress from a state of abstinence and move on into a life of recovery. Here are some sobriety tips and sobriety tools that have proven successful in maintaining sobriety.

1. They acknowledge that they had a problem.
2. They looked for help and support from reliable sources outside of themselves.
3. With that assistance, they took whatever steps were necessary in becoming abstinent, that is, to stop using alcohol and all mood altering drugs.
4. Through the guidance of others, they discovered proven, workable plans, to lead them toward recovery and growth.
5. They then integrated the details of those plans into their daily lives and kept the process alive through consistent attention and effort.
6. They continue to find and utilize resources that the deepen the recovery experience by encouraging physical, mental, and spiritual growth and change.