

RELAPSE PREVENTION SUBSTANCE ABUSE

Draw a line to the
correct answer.

Name:

Thinking or feeling that you don't need help from anyone.

Psychiatrist

The action of stopping something before it happens.

Narcotics

Vomiting, nausea, and stomach cramps caused by not having a certain drug or chemical.

Withdrawal

Letting your guard down, or thinking that "everything is okay"

Prevention

Anything that surrounds you can be positive or negative.

Overconfident

Something that I can do quietly that can help to relieve stress.

Complacency

A person or group of persons who can help you in your time of need.

Triggers

Illegal drugs not prescribed by my psychiatrist.

Environment

Anything that brings back thoughts, feelings, or memories about drugs, addiction, or other negative behaviors

Support

What is the most important thing I can do to help prevent relapse?

Meditation

The person who can prescribe my psych medication.

Medication