
Relapse Prevention Tools

By NOLA TRELL, MD

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 these 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.

Tools Needed To Stay Sober

1. We must learn to identify triggers and express our feelings.
2. We must learn to identify triggers and express our feelings.
3. We learn to slow down and not let our emotions become overwhelming.
3. Avoid people places and things that can lead to temptation or undermine our recovery.
4. Learn to increase and practice new found problem solving skills
5. Learn how to take care of yourself by developing positive coping strategies.
6. Create a plan of action for crisis.

We hope you enjoyed reading about these simple but very effective relapse prevention tools.