

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# DRUGS RELAPSE PREVENTION

Write the correct answer.

The action of stopping something before it happens.

\_\_\_\_\_

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

\_\_\_\_\_

The person who can prescribe my psych medication.

\_\_\_\_\_

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

\_\_\_\_\_

Illegal drugs not prescribed by my psychiatrist.

\_\_\_\_\_

Anything that surrounds you—can be positive or negative.

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

Withdrawal

Medication

Prevention

Overconfident

Support

Complacency

Meditation

Triggers

Psychiatrist

Environment

Narcotics