

If you relapse...

- It's not the end of the world.
 - Look at relapse as an opportunity to learn more about yourself.
- "Replay the tape" to understand what happened:
 - What triggered your urge to use the substance?
 - What thoughts and feelings triggered the craving?
- Feelings of guilt and shame often arise after a relapse.
 - Be gentle but honest with yourself.
- Think about what might help you cope better.
 - What skills do you need to strengthen?
 - What supports might be helpful?
- Take care of yourself:
 - Eat properly
 - Get plenty of rest.
 - Drink plenty of fluids.
 - Exercise
 - Develop a regular sleeping schedule, reaching for 7-8 hours per night.
- Reach out to others for support.
 - 12-step meetings, SMART Recovery meetings provide self-help support.
- A relapse may reveal previously unidentified dysfunctional beliefs about yourself.
 - Core beliefs are often at the root of addiction and relapse.
- Getting sober means changing how you think about yourself. You may want to get help with this.
- Call me: 718-594-7157, or email me: DouglasJWarn@gmail.com
Set up an appointment.

