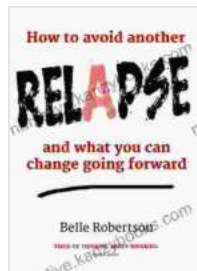


How to Avoid Another Relapse and What to Change Going Forward: How to Quit



How to Avoid Another Relapse ... and what to change going forward (How to Quit Drinking Book 3)

by Belle Robertson

★★★★☆ 4.5 out of 5

Language : English
File size : 564 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 22 pages
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Relapse is a common part of the recovery process for many people who are struggling with addiction. In fact, according to the National Institute on Drug Abuse, up to 80% of people who quit using drugs or alcohol will relapse at some point. There are many factors that can contribute to relapse, including triggers, cravings, and stress. However, there are also many things you can do to prevent relapse and stay on track in your recovery.

Identify Your Triggers

The first step to preventing relapse is to identify your triggers. Triggers are anything that can make you want to use drugs or alcohol again. These

triggers can be anything from certain people or places to certain emotions or situations. Once you know what your triggers are, you can start to avoid them or develop strategies for dealing with them in a healthy way.

Develop Healthy Coping Mechanisms

When you are faced with a trigger, it is important to have healthy coping mechanisms in place to help you deal with your cravings. These coping mechanisms can include things like exercise, meditation, spending time with friends and family, or talking to a therapist. Having a plan in place for how you will deal with cravings can help you to stay on track in your recovery.

Build a Strong Support System

Having a strong support system is essential for preventing relapse. This support system can include family, friends, sponsors, therapists, and other people who are in recovery. These people can provide you with emotional support, encouragement, and guidance when you are struggling.

Make Lifestyle Changes

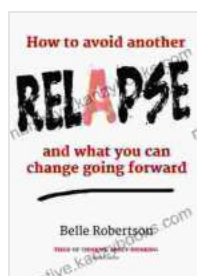
In addition to the strategies listed above, there are also some lifestyle changes you can make to help prevent relapse. These changes include things like:

- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Managing stress

- Avoiding alcohol and drugs

Relapse is a risk for many people who are in recovery. However, there are many things you can do to prevent relapse and stay on track in your recovery. By identifying your triggers, developing healthy coping mechanisms, building a strong support system, and making lifestyle changes, you can increase your chances of success.

If you are struggling with addiction, please don't give up. There is help available. Talk to your doctor, a therapist, or a trusted friend or family member. Remember, you are not alone in this fight.



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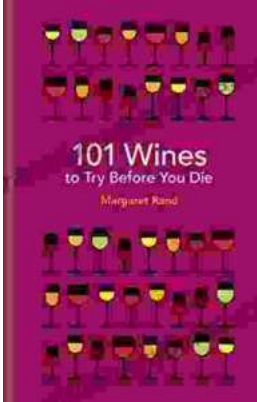
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