

New Start Recovery Solutions

Concord, Bangor, Sacramento, Monterey, Reno

Relapse Prevention Plan



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**A Relapse Prevention
Plan helps build
critical thinking and
avoidance strategies.**

**This makes it possible
to stay focused on
achievable goals
without activating
stressors and triggers.**



Relapse Prevention Plan



The main things we are trying to identify are high-risk situations and how to manage them.



We all have “self-talk” in our head – and this can lead to positive or negative thinking.



In a relapse situation, self-talk can be negative feelings and emotions.



Negative self-talk can lead to unwanted and negative actions and relapse.



Relapse Prevention Daily Check-in

**It is important to remember:
With a relapse prevention
plan – you don't have to
relapse to work it.**

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- ▶ **Desire** - What are my intentions for the day? What do I plan to get out of this day?
- ▶ **Urge** - Am I craving my substance of choice?
 - . Is my schedule today manageable enough to keep my stress level low?
 - . Do I plan on doing anything that would sabotage my recovery or the goals in my treatment plan?
- ▶ **Feelings and Emotions** - Check in with yourself about how you are feeling emotionally.
 - . Find someone you trust to talk with (sponsor, support group or therapist) – so the feelings and emotions can be understood and processed.
 - . In relapse prevention - it is important to write down feelings in a journal or computer.
 - . Writing out feelings will give you time to think - and helps processing of emotions.
 - . Processing and understanding your emotions might be hard at first.
 - . However, you will begin to feel better when you start to identify exactly what it is you are experiencing emotionally on a daily basis.



Remember:

You can't think your way out of problems that you behaved your way into.

- ▶ **Action Plan** - How are you taking positive action in your relapse prevention plan?
How are you building a better quality of life for yourself so you can move forward in a positive direction?
- ▶ **Think** - Always think about how you react to the choices and actions of your daily life.
- ▶ **Journaling** – helps identify strategies to build a positive outcome - and how to avoid triggers that once held you back in life.
- ▶ **Honest Evaluation** – take a look at your behaviors and understand the way they will play out in your new life of recovery.

Mindfulness for Preventing Relapse

New Start Recovery Solutions uses *Mindfulness* as an essential part of our dual diagnosis addiction treatment.

Mindfulness means having the internal focus to be quietly aware of your own thoughts and impulses (without judgment) – *and* without acting on the impulses.



Benefits of Mindfulness

- Enhanced Immune System
- Increased Blood Flow
- Calm and Inner Peace
- Reduces Stress, Depression & Anxiety
- Increases Energy
- Creates a Space Between Thoughts
- Helps Identify Habitual Behaviors
- Develops Compassion: Self & Others
- Helps Reduce Habitual Reactions
- Experience of Personal Spirituality



Mindfulness

Mindfulness provides skills and practices to loosen our identification with thoughts.

This helps individuals to recognize that the *content of a thought* (and the resulting habitual emotions and triggers) are not absolute “truth.”

By creating a space between emotional triggers and habitual reactions – individuals can create a permanent cognitive re-structuring away from habitual and self-destructive addictive behaviors.





Results of Mindfulness?

- More calmness, inner peace - and increasing compassion for self and others.
- Many who practice mindfulness meditation experience a gradual and natural increase in gratitude.
- Another benefit of mindfulness meditation is personal growth and a deepening experience of personal spirituality.
- Mindfulness is an essential skill for addiction recovery and relapse prevention at *New Start Recovery Solutions*.

How Does Mindfulness Help Addiction Recovery?

- With mindfulness practice - a space of awareness is created between impulse and actions.
- With increased non-judgmental self-awareness – impulsive and habitual behaviors *can* decrease.
- This means that the effects of triggers can be decreased or eliminated.
- Impulsive actions are no longer automatically activated.



What we learn we practice
What we practice we become.



QUESTIONS?



It's OK to Ask for Help!

New Start Recovery Solutions

***Visualizing Your Ideal Life While in Recovery is Your Job –
Getting You There is Ours.***



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