

Workbook – Module 5 – Avoiding and Recovering from Relapse



Introduction. After a real conviction and sense of urgency brings someone to the dry ground of sobriety and you have walked in those shoes for a while, there can be a “letting down of the guard.” This is where the commitment to stay sober, 1 day at a time, may

be challenged! One of the main goals of sobriety and recovery education is to avoid a return to drinking and using substances.

Purpose. By developing vital life tools one can avoid and bounce back from relapsing into old patterns. We have all at one time or another found ourselves going down the wrong path. Gratefully, there is renewal in recovery! Your mind and body can truly be renewed and revitalized.

1. Just because you may have relapsed a time or two does not mean the time you have with sobriety isn't _____. Each day you spend sober is a step in the right direction (Module 5.1).




2. There is a saying in recovery that *one is too many and a thousand is not enough*.

So, maintaining abstinence is vital. Name 3 things you can do when you are faced with anxious moments and are thinking about giving in to substance use (Module 5.1).

3. The opposite of addiction is not physical sobriety alone but _____
(Module 5.1).

4. Everyone needs bonding and connection. When going through the healing of

recovery and



EVERYONE NEEDS BONDING AND CONNECTION.
WHEN FEELING LEFT ALONE SEEK OUT POSITIVE
INFLUENCES. SEEKING THESE INFLUENCES IS KEY
TO REMAINING SOBER, CONTINUAL GROWTH, AND
RENEWAL.

feeling left alone, seek out _____ influences.

Managing Life on Life's Terms

5. Relapses and binges can occur when buying into the idea that you aren't worthy of _____. Acting unlovable is not the same as being _____ of love.

6. Each day we make a _____ to _____ sober (Module 5.1).



7. Managing life on life's _____ means that there will be _____ to follow through on (Module 5.1).

8. Making the next right _____ is always a big part of _____ sober and working out the _____ ahead (Module 5.1).

Identifying Triggers (Module 5.2).

Triggers are external or internal cues and stimuli that activate an urge or desire to drink, or use, or engage in addiction behavior. Identifying triggers, like identifying emotional waves, helps keep you centered in your healthy path forward.

9. Triggers can be associated with waves of emotions that are accompanied by negative baggage. The waves _____ and then they _____ (Module 5.2).

10. If you don't follow that wave, then it actually isn't a _____ at all! It is something you can see as an emotion or association with your _____, or with someone else's future!

11. What are 3 emotions you have experienced lately that are sometimes associated with triggers to use drugs and alcohol?

12. Looking at life like a _____ can help counteract boredom.



13. Don't just past the time "being bored." Really look at what is going on _____ you, down to the little _____ (Module 5.2).



14. There is an acronym to describe conditions where people may be more at risk to use. When you are aware of these natural states, you can act to make sure you don't make wrong decisions while experiencing them. When stress and urges are increasing, ask yourself if you are experiencing one of the following (Module 5.2).

Fill in the acronym.

H _____

A _____

L _____

T _____



15. Focusing on the basics of living and of taking good care of yourself are excellent and effective pillars to remember. To redirect you can drink a glass of _____ or take a _____, or simply go to _____. Life will go on while you are rejuvenating in sleep (Module 5.2).

WHEN MEETING OTHERS,
FOCUSING ON FRIENDSHIP
AND RECOVERY IS KEY. YOU
DON'T NEED A ROMANTIC
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RECOVERY WARRIORS, WE
MUST DISENGAGE.
DRAWING CLEAR AND SOLID
BOUNDARIES IN ORDER TO
MAINTAIN OUR PRECIOUS
AND LIFE-GIVING SOBRIETY
MUST BE HONORED AT ALL
COSTS.

16. Another trigger can be _____ -
_____ in your recovery.

Remember to stay humble and redirect.

17. Stay away from _____ socially
where drugs are _____; parties,
restaurants, bars. Stay away from old
_____.

18. Looking back at past drug use and
_____ it, not remembering the
pain it caused is to be avoided.

19. Can new romantic relationships be a
trigger? _____



20. We talked about the benefits of staying out of a relationship during recovery in the module on *The Importance of Relationships*. Also, you may _____ your substance abuse addiction to an addiction of the person, or sex (Module 5.2).

21. This _____ transferring of addictions is very common.

22. When we get sober, our connections need to come with other people who are _____ and committed to staying sober (Module 5.2).

Question for Reflection: All of us are a work in progress. We are always learning more and making improvements. If you had to ask a best friend or mentor what your biggest strength was, what would they say? Your area for needed improvement?

_____.

The Truth About Sexually Transmitted Diseases (Module 5.3).

23. One issue we all need to know about when it comes to sexuality is STI's or _____. There are many STI's out there.



24. Name 5 of the most common STI's.

25. Only counting the first four, there are an estimated 357 million new infections.

The majority of new infections are to people between the ages of _____ - _____.

26. The surest way to make sure (but not a guarantee) they never contract one is

_____ (no sex).

27. Many of you are sexually active or have been. If you choose to engage in

sexual activity you need to _____ yourself, and your _____. You can't

tell if someone has an STI just by _____ at them!

Symptoms, Testing, and Treatment

28. For Chlamydia and Gonorrhea, the most common symptoms are a _____

sensation during urination or a _____ from the penis or vagina (Module 5.3).



29. For Syphilis it presents differently. Usually an _____ at the site of infection. A more advanced _____ *syphilis* presents with a rash (Module 5.3).

30. Testing for Chlamydia or Gonorrhea is a _____. Testing for Syphilis is a _____ test.

31. People can also be carriers of the disease and not show symptoms - what is called being _____. A person can be a carrier of the disease for weeks, months, or even years without symptoms. But they can give the infection to other people during that time. This is why it is so important to be _____ regularly.

Treatment for these infections are antibiotics. Get checked and if you are diagnosed get treatment!!

Prevention

32. What are the 2 best ways to prevent contracting a Sexually Transmitted Infection? _____

33. Further prevention of the spread of STI's is _____ your sex partner(s) if you have been _____ with one or you suspect you may have one.



Being Strong and Vulnerable (Module 5.4).

34. Building meaningful relationships takes work and takes time. We _____ in putting our best foot forward and gaining tools to communicate effectively.

The Ted Talk with Brenee Brown emphasized certain key factors in being what she calls whole hearted people.

Answer the following questions.

35. Those who were living whole-hearted lives _____ they were worthy of receiving _____.

36. You can't _____ numb emotions.

37. When you numb the bad emotions like anger, sadness, frustration, you also numb the good ones like, _____, _____, _____ and _____ (Module 5.4).

38. We can _____ our faults and be _____ of the faults of others.

Prayer and Meditation (Module 5.5).



FROM OUR LIMITS TO THE INFINITE

The truth is those wrestling with the mental obsession of addiction are also wrestling with the limitations of their own selves. Each person has a limited number of experiences and is prone to mistakes, failures, and distorted thinking. It does not take a long look into the world around us to see that humanity needs great help and assistance. Each of us also needs significant help. Picture the man or woman stranded on a desert island drawing out the letters H E L P in the sand desperately hoping that a plane flying by will see their cry. Soon, the waves of the ocean will wipe away the sand and only a blur will remain. Yet, people in the direst situations have found a way through and out of near death from illness, accident, and harmful intentions of others into calm, safety, health, and vibrant life.

Step 11 of Alcoholics Anonymous is a wonderful step in the recovery journey.

Here is it.

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Improving Conscious Contact with God.

39. Coming to admit our need for help, being willing to let go of bad _____ and being willing to receive the _____, is a short summary of the 12-step work.

40. _____ is us talking to God. **Meditation** is us _____ to God.

41. Having _____ contact of a loving God will bring some understanding in our lives. It will shift a selfish, ego-centric _____ that is inscribed with addiction behavior, to one that readily listens and is willing to act for the _____ of ourselves and others.

The willingness to listen and carry out God’s will for our lives are sure to bear fruit. Personally, I have never met someone who has surrendered their life to God and regretted it, have you?

Hobbies That Heal (Module 5.6)

Engaging in hobbies and activities we enjoy keeps us from old behaviors, connects us to friends and community, and expands our knowledge and skills!



Cooking

42. We all need to eat each and every day! Going to the grocery store and picking up a list of _____ produce to chop up and cook can be tons of fun and is _____.

43. Maybe you are already an excellent cook! Cooking for friends is a fulfilling experience. You can even challenge them to make a dish and bring it with them _____.

44. Usually cooking your own food means you will eat more _____ than picking something up out. It is also much less _____.

Journaling

45. Journaling helps you to keep track of your daily and life _____, process your _____ and _____, and _____ on the meaning that lies beyond the surface.

46. _____ shows a certain unique expression and can encourage creativity.

47. A digital _____ is easy to date and archive and is also readily accessible to _____ with others if you choose.



48. What is your favorite hobby _____? What is one hobby or activity you have always wanted to try but never have _____?

Question for Reflection. Are you sharing your experiences through these lessons with others—a facilitator, mentor, sponsor, friend, spouse? Are you getting positive feedback? What is one positive message you are receiving from someone else about this work?

