

How To Prevent Substance Abuse Relapse After Rehab

There Are Three Different Causes For Relapse

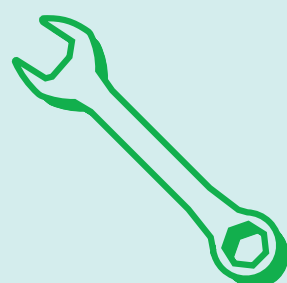
#1 MENTAL #2 PHYSICAL #3 EMOTIONAL

It isn't uncommon for previous addicts to fall back into destructive patterns during their path towards clean living. Successfully completing rehab is just the beginning.

#1 MENTAL RELAPSE

↳ take charge and stay away from substance abuse

- Create a healthy and busy schedule
- Take your sober lifestyle one day at a time
- Avoid situations where you find yourself bored
- Therapy offers the **tools** to help cope with cravings
- The most successful treatment is **Relapse Prevention Therapy**



#2 PHYSICAL RELAPSE

↳ when the body itself craves the drug

- Prevented by receiving quality detox
- Continue taking recommended medication
- Flush your body clear of drugs, leaving no remnant particles



#3 EMOTIONAL RELAPSE

↳ hardest to prevent and keep under control

- Step away from the negative situation
- Recall all the negatives that come from drugs
- Fight off triggers with what you have learned in rehab
- Reward yourself for good behavior by eating a healthy meal



What Happens When You Make A Mistake?

↳ admit the mistake and continue on with sobriety

- Reach out and ask for help when you stumble
- Use techniques learned in rehab to get back on track
- Get in contact with a counselor or doctor for support
- If you do use, it doesn't mean you're instantly an addict again
- Don't let a negative experience sway your decision to get help

Find Help To Help Prevent Relapse

↳ find the best treatment facility for your specific needs

- Stay in contact with support groups, therapists, and medical professionals to help keep you on track

