

The Road to Relapse....

"IF YOU FAIL TO PLAN,
YOU PLAN TO FAIL."



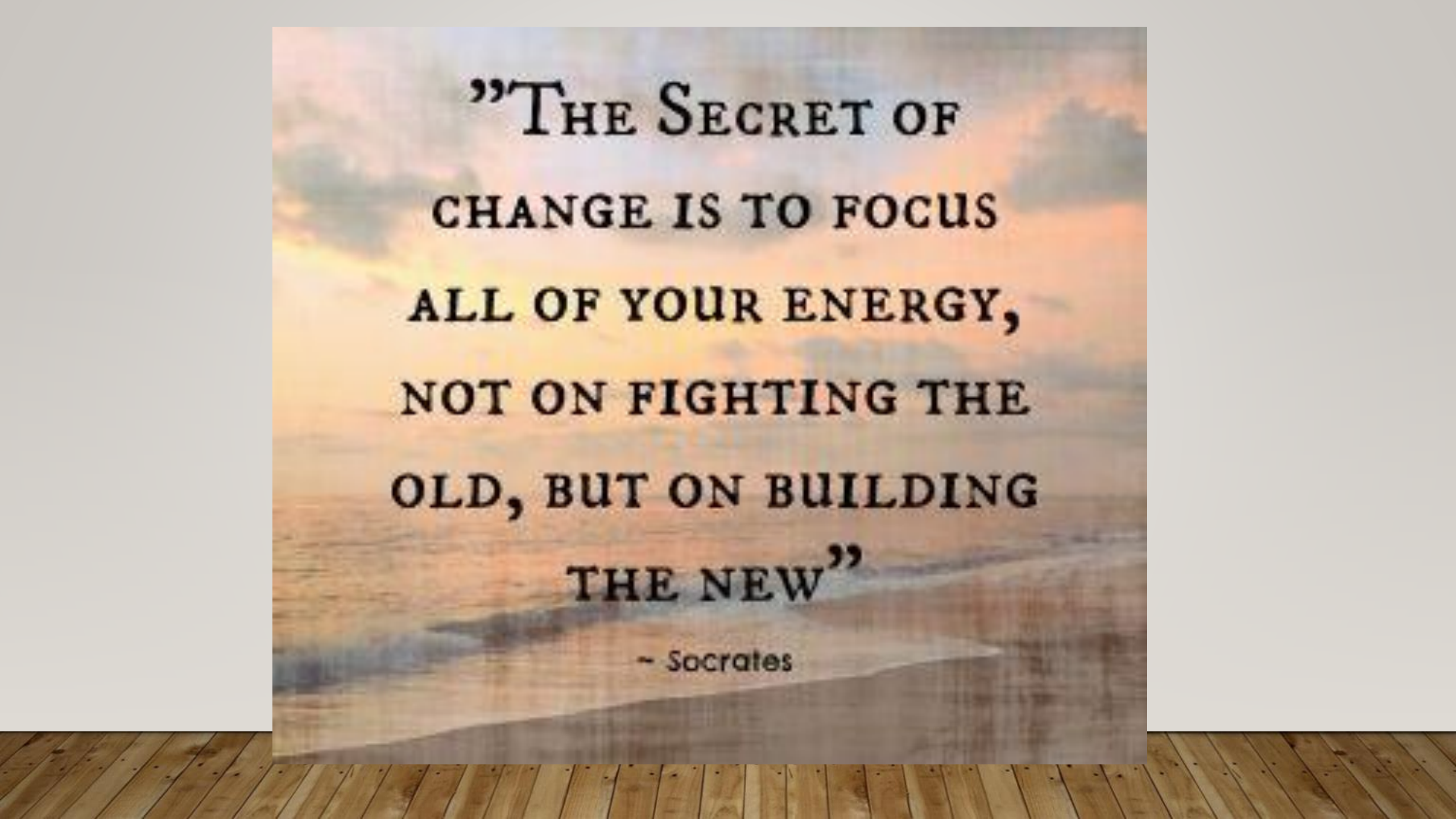
RECOVERY REQUIRES WORK

- You cannot stand still and stay clean and sober
- The first few months are the most difficult
- Successful recovery requires **POSITIVE** and **PERMANENT LIFESTYLE CHANGES**
- Relapse is a **PROCESS**, not an event. It can be changed or interrupted at any time.

IT HAPPENS BETWEEN YOUR EARS....

- Relapse is NOT one event, but rather MANY little events that occur **IN YOUR MIND** before you ever pick up and use again.
- If you recognize the early warning signs, you CAN change your thinking, and thus change your life...HEY, that's our motto!! (imagine that...)

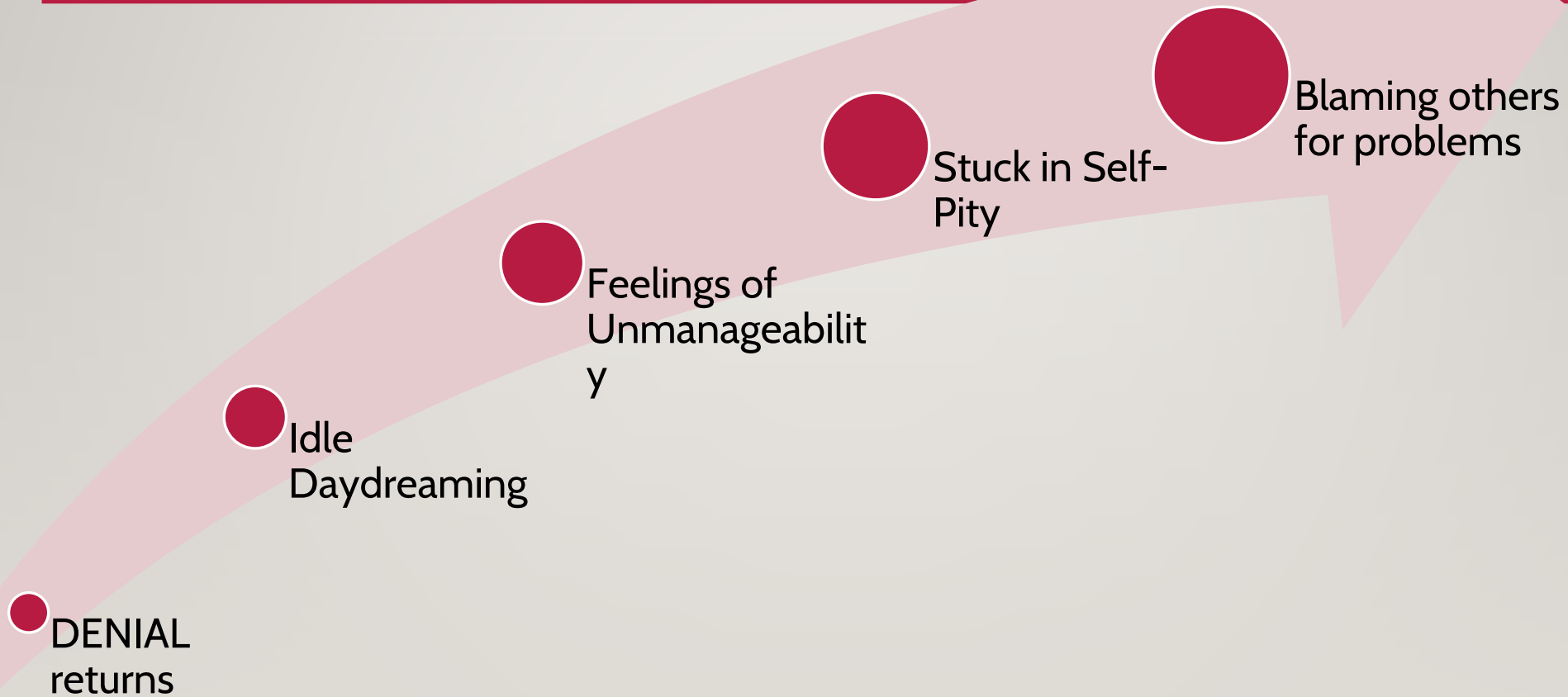


The background of the image is a soft-focus photograph of a beach at sunset. The sky is filled with warm, golden and orange light, with some light-colored clouds. The ocean waves are visible in the distance, and the sandy beach is in the foreground. The overall mood is peaceful and contemplative.

**”THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW”**

~ Socrates

ROAD TO RELAPSE---THE SIGNS ARE:



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ANGER GROWS

develop an "I
DON'T CARE"
attitude

Act defensively

BUILD
RESENTMENTS

Feeling
Depressed

LIE ON
PURPOSE

push
sobriety on
others

Act in a
"grandiose"
fashion

Build False
EXPECTATIONS

Slippery Places

Associate with
old playmates

RELAPSE!!!

IF you can recognize any of these
warning signs early enough, you **CAN**
avoid relapse before it goes too far....

WHAT CAN YOU DO INSTEAD?

*Change your phone number

*Develop friendships with others who do NOT use

*KNOW YOUR TRIGGERS

*Put as many barriers between you and your TRIGGERS

*Start thinking of ways to move in a POSITIVE DIRECTION



WHAT ELSE CAN YOU DO???

STOP AND REMEMBER:

Whatever is
going on in your
mind is what you
are attracting