

## Relapse Signs and Warnings

Experiencing Post-Acute Withdrawal: I start having problems with one or more of the following; thinking difficulties, emotional overreaction problems, sleep disturbances, memory difficulties, becoming accident prone, and/or starting to experience a serious sensitivity to stress.

**Return to Denial:** I stop telling others what I'm thinking/feeling and start trying to convince myself or others that everything is all right, when in fact it is not.

**Avoidance & Defensive Behavior:** I start avoiding people who will give me honest feedback and/or I start becoming irritable and angry with them.

**Starting to Crisis Build:** I start to notice that ordinary everyday problems become overwhelming and no matter how hard I try, I can't solve my problems.

**Feeling Immobilized (Stuck):** I start believing that there is nowhere to turn and no way to solve my problems. I feel trapped and start to use magical thinking.

**Becoming Depressed:** I start feeling down-in-the-dumps and have very low energy. I may even become so depressed that I start thinking of suicide.

**Compulsive and/ or Impulsive Behaviors (Loss Of Control):** I start using one or more of the following- food, sex, caffeine, nicotine, work, gambling, etc. often in an out of control fashion. And/or I may react without thinking of the consequences of my behavior on myself and others.

**Urges & Cravings (Thinking About Drinking/ Using):** I begin to think that alcohol/drug use is the only way to feel better. I start thinking about justifications to drink/use and convince myself that using is the logical thing to do.

**Chemical Loss of Control (Drinking/ Using):** I find myself drinking/using again to solve my problems. I start to believe that "it's all over 'till I hit bottom, so I may as well enjoy this relapse while it's good." My problems continue to get worse.

*Adapted from Terence T. Gorski's Warning Sign Identification Process*

## 10 MOST COMMON RELAPSE DANGERS

1. Being in the presence of drugs or alcohol, others who use, or places where you used.
2. Feelings we perceive as negative: anger; sadness, loneliness, guilt, fear, and anxiety.
3. Positive feelings that make you want to celebrate.
4. Boredom.
5. Getting high on any drug.
6. Physical pain.
7. Listening to war stories and dwelling on getting high.
8. Suddenly having a lot of cash.
9. Using prescription drugs that get you high even if you use them properly.
10. Becoming complacent. Believing you no longer crave or are triggered by drugs/alcohol and that it's safe to use occasionally.

### RELAPSE ATTITUDES

*Sobriety's Boring  
I'll Never Drink/Use Again  
I Can Do It Myself  
I'm Not As Bad As...  
I Owe This One To Me  
My Problems Can't Be Solved  
I Wish I Was Happy  
I Don't Care  
If Nobody Else Cares, Why Should I?  
Things Have Changed  
I Can Substitute  
They Don't Know What They Are Talking About  
There's Got to Be a Better Way  
I Can't Change The Way I Think  
If I Move Everything Will Change  
I Like My Old Friends  
I Can Do Things Differently  
Nobody Needs To Know How I Feel  
I'm Depressed  
I See Things My Way Only  
I Feel Hopeless  
I Can Handle It  
If I Hide Behind Other's Problems, I Won't Have To Face My Own  
I Can't Do It So Why Try*

## THE EVENT: RETURNING TO USING ALCOHOL &/OR DRUGS

## Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*~ There is Always HOPE for Healing from  
all of life's Hurts, Habits & Hang-ups ~*

### We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

# RELAPSE

## The Problem and Solution



# CELEBRATE RECOVERY

EVERY MONDAY NIGHT  
HENDERSON HILLS BAPTIST CHURCH  
1100 E. I-35 Frontage Rd., Edmond  
405.513.7472  
[www.moj.com/recovery](http://www.moj.com/recovery)