

HOW WELL ARE YOU PREVENTING RELAPSE

Have you set goals related to abstinence? What will abstinence allow you to accomplish?

1. Assess your drinking and/or drug practices:
 - a. What stimuli set you off? (Money, people, paraphernalia, etc.)
 - b. Who in your work/home/social environments use alcohol and/or drugs?
 - c. What is the availability of alcohol or drugs in your environment?
 - d. What is the availability of money to obtain alcohol or drugs? Will you be receiving any significant sum of money in the near future?
2. Have you reviewed all of your high-risk situations with peers and staff?
3. Do you have plans for all anticipated high-risk situations?
4. Have you discussed the feelings of loss or deprivation that accompany getting straight or sober? Do you feel cheated because you can't drink or use drugs?
5. Are you aware of how you justify your drinking or use of drugs?
6. Are you aware of ways that you have tried to control your usage?
7. Are you prepared for the highs and lows of recovery?
8. Have you taken steps to limit the availability of alcohol or drugs?
9. Have you told all-important people in your life about your addictions(s)?
10. Do you expect treatment to be a "cure" or "magical" solution?
11. How do you "test" yourself in recovery?
12. How will you limit exposure to people who use drugs or drink?
13. Are you aware of how you make the "chain" of decisions that lead to drinking or using drugs?
14. How have you interpreted past relapses? Do you see them as mistakes, failures, or episodes of weakness?
15. What personality traits do you have that may interfere with recovery?
16. Do you feel entitled to use drugs or drink?
17. How well can you keep track of how you are feeling?
18. How well do you solve problems? Do you jump at the first apparent solution?

19. Do you assume that because you don't have craving in treatment that you won't have it after treatment?
20. Do you see craving as something that has a life of its own, something out of your control?
21. What lifestyle changes have you made? Do you need to change the way you structure things?
22. Do you seek out help or wait for it to come to you?
23. What are your plans to reduce complications or crises in your life?