



Avoiding/Coping with Relapse

Answer the following questions about relapse as you think of it now. The questions are designed to serve as a basis for discussion. See if the discussion changes your mind about any of these issues.

1. Does relapse to drug or alcohol use indicate that a person is failing in treatment?
Yes _____ No _____
2. Is there a difference between a relapse and drug or alcohol use that never actually stopped?
Yes _____ No _____
3. Should a family member know exactly what his or her reaction to a relapse will be before it happens?
Yes _____ No _____
4. Is the addicted person the only one in the family who is in a recovery process, and is he or she the only person who can relapse?
Yes _____ No _____
5. Do relapses serve as warning signs indicating the need for a change in a person's treatment plan?
Yes _____ No _____
6. Should a dream in which someone uses be viewed as a relapse?
Yes _____ No _____
7. Does relapse mean the family member needs to spend more time with the addicted person and less time on himself or herself?
Yes _____ No _____

AVOIDING/COPING WITH RELAPSE | *continued*

8. Does relapse happen very suddenly and unpredictably?

Yes _____ No _____

9. Is relapsing always characterized by the use of alcohol or drugs?

Yes _____ No _____

10. Can relapse destroy the reestablishment of trust in a relationship?

Yes _____ No _____

11. Is using drugs or alcohol for very special occasions considered a relapse?

Yes _____ No _____

12. Should a person in recovery be able to be in any situation without difficulty if he or she really wants to stay sober?

Yes _____ No _____

13. Have you changed your mind about any of the questions after hearing the discussion? Explain.

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Helping Checklist for Families (Advanced Stage of Recovery)

Check any of the following you are willing and/or able to do to help, and then talk with the recovering person to see which of those items would be helpful to him or her.

- _____ 1. I will plan with you regular escapes from our daily living that are just for this relationship and us.
- _____ 2. I will continue to pursue my separate personal goals and interests.
- _____ 3. I will remember that you need to pursue separate goals and interests.
- _____ 4. I understand that my efforts to maintain a healthy, balanced lifestyle will contribute to lessening the possibility of relapse.
- _____ 5. I will consider therapy for myself and/or for us so I can continue to improve our relationship and myself.
- _____ 6. I understand that you may need to limit where you go and whom you see in order to protect your sobriety, and I will support you in that.
- _____ 7. I will remember to talk to you about how I am feeling and what I need, and I will give you time to do the same with me.
- _____ 8. I will remind myself that recovery is a lifelong process and that healing this relationship may take months or years.
- _____ 9. I will develop other friendships with people who are willing to listen to my struggles with this new lifestyle.
- _____ 10. I will try to view change as progress, not as a threat, and to remember to appreciate the progress we are making.

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