

The Basics of Relapse Prevention Restless, Irritable and Discontented

1. You are either in recovery or you are in what?
2. Being what can lead to relapse?
3. What four things can lead you back to using?
4. What is a high-risk situation?
5. What do you need to do when you are stressed?
6. What are ways to deal with cravings?
7. Are cravings normal?
8. If you start using again is it like you have never used before?
9. Is going to meetings, having a sponsor, and working the steps an important part of recovery?
10. Should you share in meetings?