

# Active change

## Session 1 – Relapse Prevention and Lapse Management

# Today's session

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- Welcome to Active Change
- Group agreements
- Introductions and check in
- Looking at high-risk situations
- Looking at the difference between lapses and relapses
- Coping strategies
- Closing round and feedback

# Introductions and check in

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Hello! ... introductions

Hopes and fears for this group?



# High risk situations

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A high risk situation is a situation that poses a threat to the persons' sense of control and increases the risk of using drugs/drinking again.

1. Downers
2. Rows
3. Joining the crowd

## *Other common states leading to using/drinking*

1. Testing control- Having just one drink, hit, joint to test will power. Putting yourself in risky situation.
2. Physical discomfort- Chronic pain, withdrawal, illness, toothache.
3. Positive feelings- occasions, holidays, good fortune.
4. Urges and Cravings

# Responses to high risk situations

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1. Adequate coping response (prepared)
  - ↑ Self-confidence to deal with the same situation in the future
  - ↑ Confidence that you can control your misuse
  - Makes lapse or relapse less likely
  
2. Inadequate coping response (unprepared)
  - ↓ Self confidence
  - ↑ Belief that you cannot control your misuse
  - Makes lapse or relapse more likely

# Managing Lapses

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## The difference between a lapse and a relapse?

- **A lapse** is a brief return to old and unhelpful habits. It is very common and normal. Sometimes lapses are triggered by stress, low mood, tiredness, ill health or an event.
- **A relapse** is a complete return to old and unhelpful ways of thinking and behaving. People who have a relapse are usually doing the same things as they did before they learned the sort of techniques and strategies we are looking at. A relapse isn't a 'one off event'. It's something which happens over time.

## Stopping a lapse from becoming a relapse

- Remember lapses can lead to relapses **but they don't have to!** You can stop a small lapse from becoming a relapse. The more you learn to do this, the better you will feel about yourself and it will help your confidence to carry on not drinking/using.

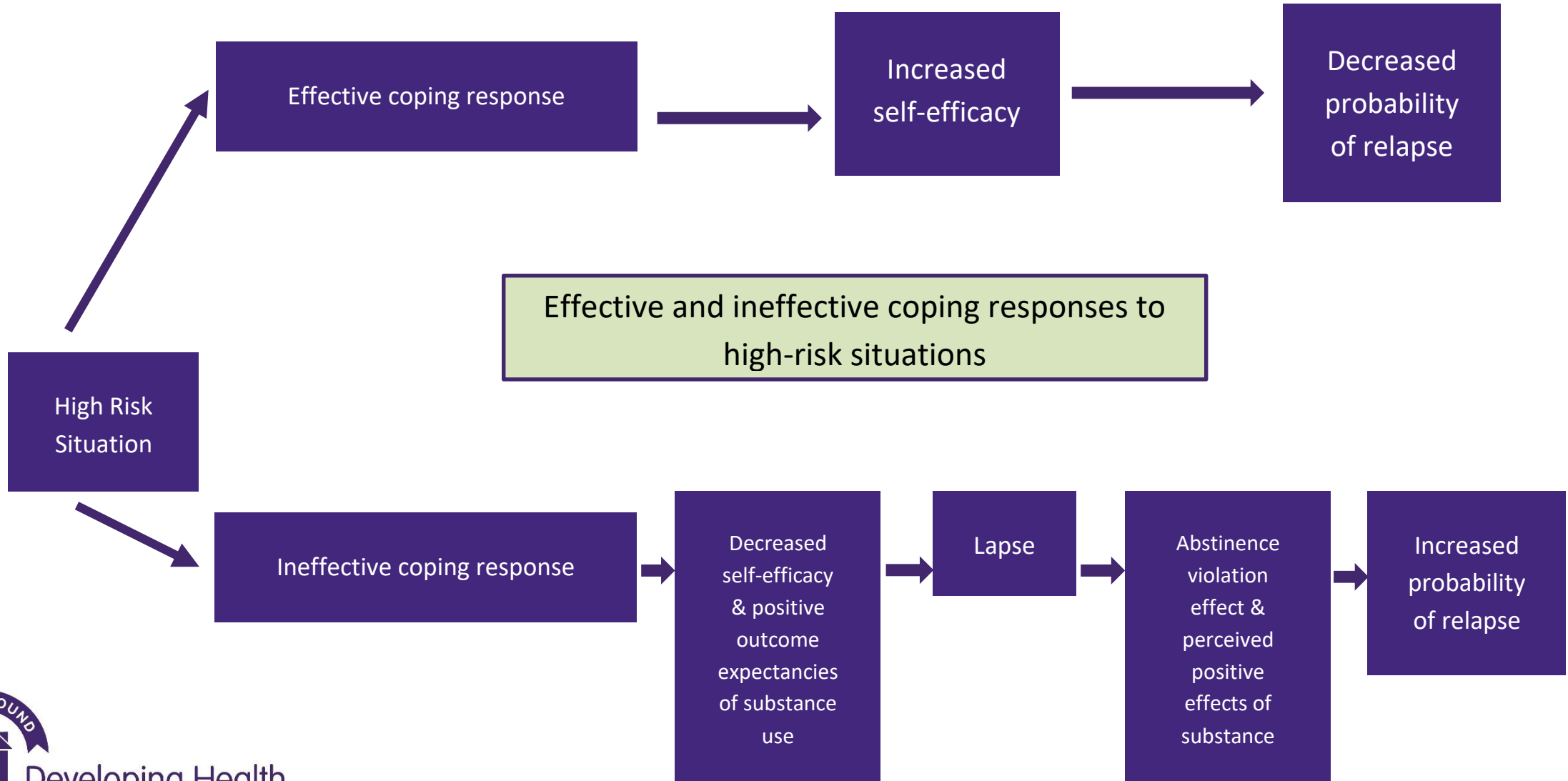
# Tips for preventing lapses

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1. Practice
2. Learn from your lapses
3. It is very important to remember that lapses can happen
4. Take the time to reward yourself for your hard work
5. Be aware of your 'High Risk Situations' and have plans for how you can manage them



# Effective and ineffective coping strategies





# Coping Strategies using D.E.A.D.S

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Deny

Escape

Avoid

Distract

Substitute



# D.E.A.D.S worksheet

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## Deny

- How long do urges last if you don't give in? How bad do they get before fading? What can you quickly do that will help you deny them?

## Escape

- What triggers can you get away from? What can you do to escape the trigger's influence?

## Avoid

- What can you do to avoid urges? What techniques have helped you cope with the urge until it passes without giving in?

## Distract

- What activities have you considered to take your mind off the urge?

## Substitute

- What thoughts can/have you developed to dispute the illogical thinking that comes with urges? What healthy activities can you do to replace down thinking and feeling?

# Feedback

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- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources,' including mutual support
- Thank you for coming and the next session will continue with 'Relapse Prevention'.