

Active change

Session 2 – Relapse Prevention and Lapse Management

Today's session

- Welcome
- Introductions
- Group agreements
- Looking at SIDS
- Case scenarios
- Triggers and high-risk situations
- Closing round and feedback

Introductions and check in

Hello! ... introductions

From the last session can you say what a high-risk situation is?

What's the difference between a lapse and a relapse?



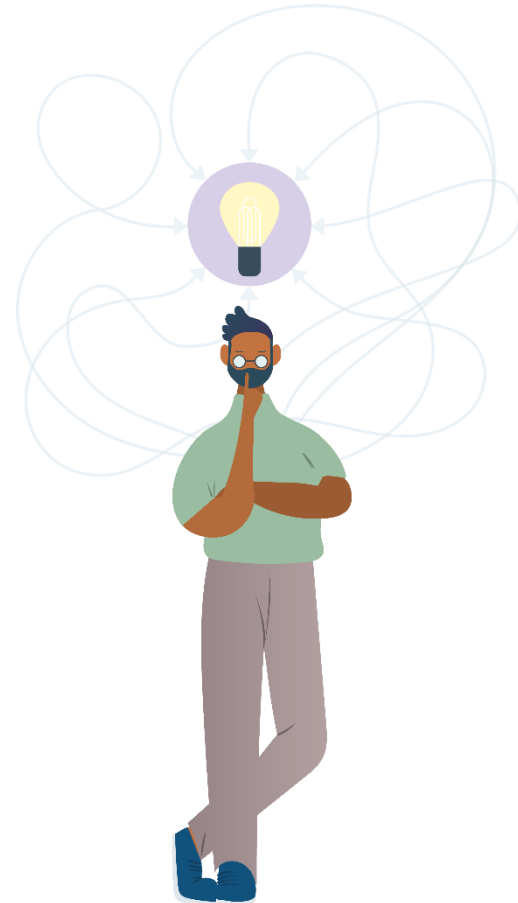
SIDS – seemingly irrelevant decisions

- How do Seemingly Irrelevant Decision contribute to lapse and relapse?
- Good weather and good moods can contribute to poor decisions
- Be kind to yourself by being honest
- Plan the amount of money you need to carry

Scenarios

What seemingly irrelevant decisions did Sarah make?

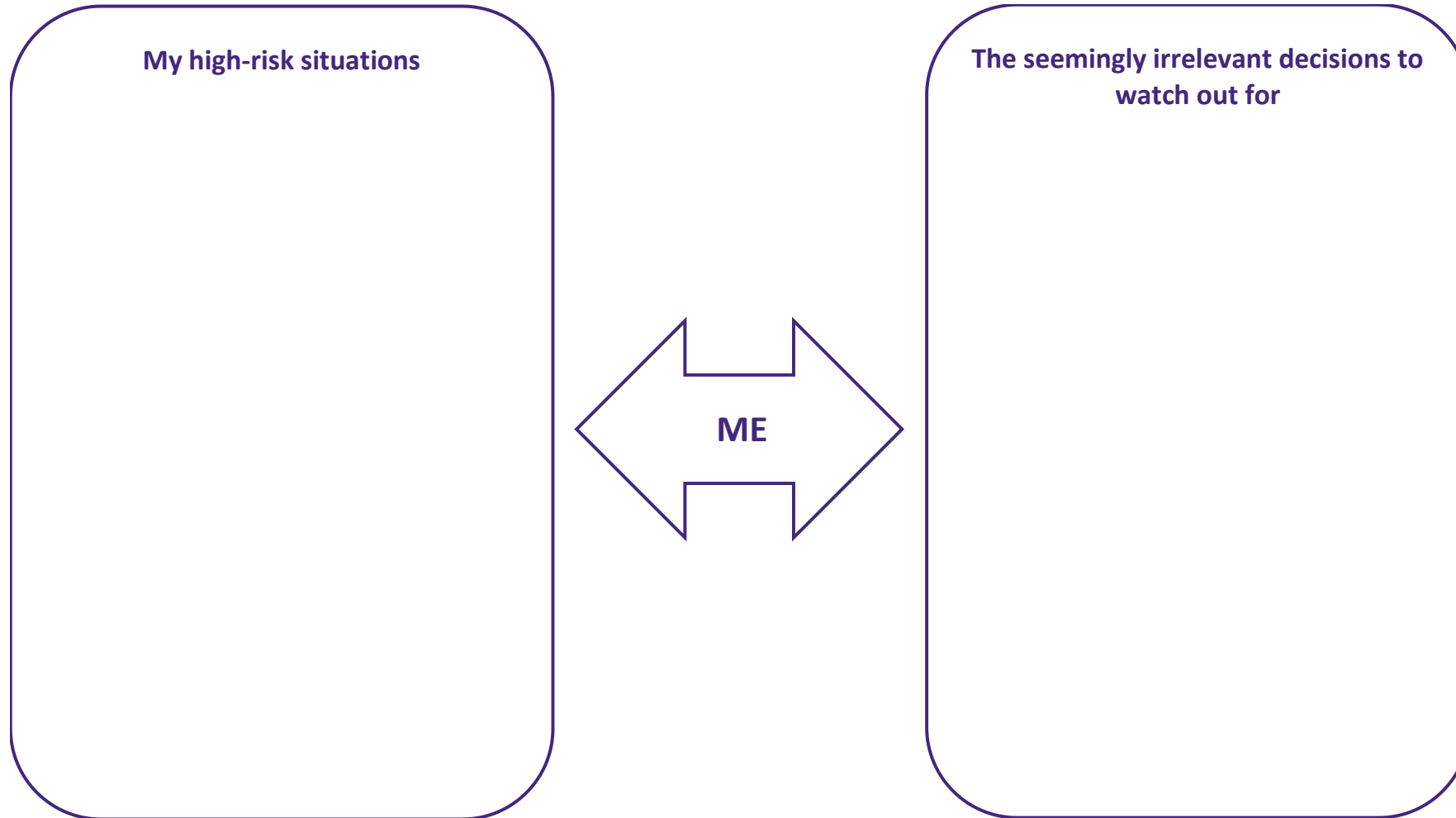
... and Sid?



Triggers and high risk situations

- Friends or family that you used or drank with
- Watching a football game
- Staying at a certain location
- Experiencing chronic pain
- Walking past your favourite pub
- Being on your own

My triggers, high risk situations and SIDS



Planning

- One way to deal with your own triggers/high risk situations is to avoid situations completely:

(examples)

- Of course, there will always be situations that you can't avoid. Therefore, you must plan to help you deal with these situations:

(examples)

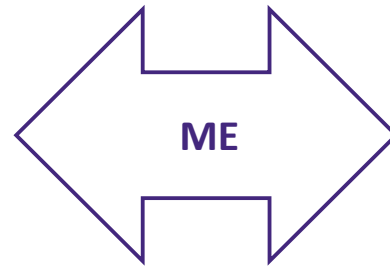
- It's also helpful to have a plan for what you will do if you are feeling very vulnerable in a situation or you do have a lapse. Examples might be.

(examples)

My plans

Plans to manage high-risk situations

Emergency plan for if I lapse



Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources,' including mutual support
- Reminder about other DHI groups/local support groups
- Thank you for coming and the next session will focus on 'Managing Cravings'.