

Maintaining change

Session 3 – Relapse prevention

Today's session

- Welcome and introductions
- Group agreements
- Quiz – to go over what relapse prevention means
- Making a plan
- Close and feedback

Introductions and check in

Hello and welcome! ... introductions



Quiz 1 of 4

QUIZ
TIME



Developing Health
& Independence

Quiz 2 of 4



1. What is a high-risk situation?

- a) A situation where something bad is bound to happen
- b) A situation that poses a threat to a person's sense of control and increases the risk of using drugs/drinking again
- c) A situation where someone has started using drugs /drinking again

2. What things have been found to be *most likely* to make most people use/drink?

- a) Being ill, bored or angry
- b) Getting into trouble
- c) Downers, rows or joining the crowd

3. Which of the following are common states leading to using or drinking?

- a) Urges and cravings
- b) Physical discomfort
- c) Testing control
- d) Being with family
- e) Too much social media
- f) Positive feelings

Quiz 3 of 4



4. Which of the following are true?

- a) A lapse is a brief return to old and unhelpful habits
- b) You can't really learn from a lapse
- c) A lapse always leads to a relapse
- d) Lapses are very unusual
- e) A relapse isn't a 'one-off event' - it happens over time
- f) if you have a relapse, you're back to square one

5. 'I've had a few drinks now, so I may as well just carry on.' What do we call it if someone is thinking like this?

- a) Relapse Continuation Signal
- b) Pessimistic Outlook Syndrome
- c) Abstinence Violation Effect

6. D.E.A.D.S. stands for

- a) Dream Envy And Denial Syndrome
- b) Derek's Eating And Drinking Session
- c) Deny Escape Avoid Distract Substitute

Quiz 4 of 4



7. What does SID stand for?

- a) Sid's Incredible Disaster
- b) Seemingly Irrelevant Decision
- c) Situational Incident Dilemma

8. An internal trigger is

- a) A feeling/thought which leads to an urge to drink/use
- b) Something in our own home which makes us want to drink/use
- c) Someone in our mutual aid group who has relapsed

9. Which of the following is true?

- a) A craving rarely last beyond a minute
- b) Cravings usually get worse the longer you have not been using/drinking
- c) Cravings can become less intense and frequent over time
- d) Cravings are not possible to manage

Relapse prevention plan



My high-risk situations

What I will do to manage high-risk situations

How I will deal with cravings and urges

What I will do if I lapse – my emergency plan

What and who will support me

Some of the things I will spend my time doing



Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources' including mutual aid
- Thank you for coming, the next session is about 'Leisure, vocational, educational plans'