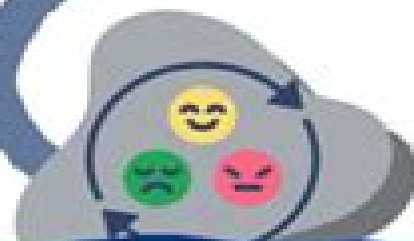


STAGES OF RELAPSE

IN ADDICTION RECOVERY



EMOTIONAL RELAPSE

Emotional relapse refers to a stage in addiction recovery where a person's emotions and behaviors start to align with their previous addictive patterns. It involves experiencing negative emotions, such as anger, frustration, or sadness, which can potentially trigger cravings and increase the risk of returning to substance use. Signs of emotional relapse may include isolating oneself, bottling up emotions, neglecting self-care, and engaging in unhealthy coping mechanisms.



MENTAL RELAPSE

Mental relapse is a stage in addiction recovery where a person experiences a mental tug-of-war between the desire to use substances and the motivation to stay sober. It involves battling conflicting thoughts and cravings, with part of the mind considering a return to substance use. Signs of mental relapse may include fantasizing about using substances, glamorizing past drug use, minimizing the negative consequences, associating with people or places associated with substance use, and contemplating plans for relapse.



PHYSICAL RELAPSE

Physical relapse occurs when a person in addiction recovery returns to active substance use. It involves the actual act of using drugs or alcohol after a period of abstinence. Physical relapse can be triggered by emotional and mental relapse or other factors such as high-stress situations, social pressure, or a lack of effective coping mechanisms. It represents a return to the destructive cycle of substance abuse and often requires renewed efforts to regain sobriety.

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