

Alcohol Relapse Prevention Plan – Planning for Ongoing Recovery

When you had decided to quit drugs, you enrolled yourself in an addiction treatment program with an expectation that all your problems would go away. Not only this, you had also successfully completed a rehabilitation program to ensure complete recovery.

But what's this? Why are you feeling the urge of drinking or consuming alcohol again? Why do you find it difficult to stop yourself when you see people consuming substance? Why is it so that you're unable to attend office parties where people drink as much as they want and do whatever they feel like?

No, it's not the fault of your treatment center or your doctors who treated you. It's pretty normal to feel the urge to consume the alcohol. Remember you're not yet over it and can fall into the trap once again if you are not determined to stay away from the substance. It acts like a magnet that pulls you towards it.

Overcoming addiction takes time. When you had taken a treatment program, which was to cleanse your body from toxins and handle your withdrawal peacefully.

Drug Alcohol Relapse Prevention Plan

It can be confusing, as how to stay away from substance; how to say no to it. A technique called drug alcohol relapse prevention plan can make a huge difference in your life. No, you don't have to go back to the treatment center and stay there once again. It's a plan that is developed by experts based on potential triggers that you may come across when you are out of the treatment center. It deals with all aspects of relapse and helps you understand what you can do in a particular situation when you feel the urge to consume the substance.

The planning is based on the experiences that other people on the road to recovery have come across. Your life of sobriety may have many rough patches and a relapse prevention plan tells you how to deal with them. You don't need to skip the situation where you think you can have the cravings. All you need to do is understand and use these techniques that your [alcohol relapse prevention plan](#) includes.

Here is a few ways to avoid stress and fallback on addiction:

- Don't take stress in your professional life; consider work pressure a part of routine life
- Spend quality and quantity time with family; go for outings, picnics or small road trips
- Talk about pressures to your friends, spouse, family and your counselor to feel light and think a way out
- Identify high-risk situations and share with your counselors. They will suggest you the tricks to deal with them.
- Develop a hobby and work upon it. You can also choose it as your profession when you feel you are good at it.



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Lauren Gardner



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