



RELAPSE WARNING SIGNS

Are you really putting recovery first? Or are you making it contingent on other people, places or circumstances?

- The surest way to relapse is to do **nothing**.
 - Excuses (Pretended reasons for conduct)
 - Missing meetings (A.A. or Aftercare) leads to “Stinking Thinking”
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A. PHYSICAL / MENTAL SIGNS OF RELAPSE

1. Irregular eating habits
2. Irregular sleeping habits
3. Listlessness - no energy
4. Overwhelming thirst or craving for a drink
5. Shakes, sweats, nausea
6. Restlessness - hyperactivity
7. Frequent headaches or other pains
8. Anxiety attacks - rapid heartbeat, poor concentration, preoccupation, confusion

B. EMOTIONAL SIGNS OF RELAPSE

1. Lack of confidence in ability to stay sober
2. Denial - one won't hurt me
3. “This is the last one, I'll never drink again”
4. Defensiveness
5. Compulsive behavior - rigid & repetitive
6. Impulsive behavior - over reacting
7. Tunnel vision - life off balance - too much of one thing (e.g. all work, no fun)
8. Depression - brief or prolonged and deep
9. Daydreaming - wishful thinking
10. Things don't go my way
11. Irrational wish to be happy without doing anything to achieve it
12. Easily angered
13. Development of “I don't care” attitude
14. Resentments
15. Self-pity - “poor me's”
16. Too little self-forgiveness
17. Dissatisfaction with life
18. Feeling of powerlessness, helplessness - nothing will work

19. Lying
20. Easily frustrated - hyper sensitive
21. Guilt
22. Not sharing feelings, keeping them bottled inside

C. INTERPERSONAL SIGNS OF RELAPSE (INVOLVES OTHERS)

1. Attempts to impose sobriety on others (convert the world)
2. Going on 12 Step calls too soon or alone
3. Loneliness - isolating yourself
4. Irritation with friends or family - fault finding
5. Open rejection of help
6. Loss of humility - "I'm better than they are"
7. "I don't care - They don't care - I don't care if they don't care" - you cease to love.
8. Projecting - blaming others for you problems

D. ENVIRONMENTAL / SITUATIONAL SIGNS OF RELAPSE

1. Lack of constructive / realistic planning
2. Plans begin to fail due to poor planning, lack of follow through, inattention to detail
3. High expectations of self, others
4. Feeling nothing can be solved, so you do nothing
5. Tackling too many problems at once
6. Loss of daily structure - not keeping appointments, not going to bed at regular time, etc.
- * 7. Irregular attendance at meetings
- * 8. Discontinuing all treatment
- * 9. Not believing it's a disease - thinking you're cured
10. Excuses for irresponsible or inappropriate behaviors

E. SPIRITUAL SIGNS OF RELAPSE

1. Not attending church if you usually attend
2. Not taking time to pray
3. Feeling God has deserted you
4. Believing you can do it alone

REMEMBER

By doing nothing, we are planning our next high. Recovery depends on the ACTIONS you take. You must go to any lengths to achieve and maintain sobriety (fourth & fifth steps). Relapse can't happen if you won't let it happen.