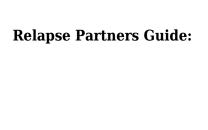
Relapse Prevention

There are several ways to help yourself prevent relapsing.

- Develop a daily relapse prevention plan(ask your counselor for assistance with this).
- Have a strong social support system
- Have an accountability partner
- Parent or spouse
- Sponsor
- Physician
- Counselor
- Spiritual guide
- Make a list of 10 reasons why you want to stay clean. Never forget those reasons. Read the list over and over to yourself.
- Develop coping skills (again, ask your counselor if you need assistance).

Relapse Partners Guide

RJ Shavelson



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