

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
 1. Have an accountability partner
 2. Parent or spouse
 3. Sponsor
 4. Physician
 5. Counselor
 6. 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

Patrick Carnes, Kenneth M. Adams



Relapse Partners Guide:

The Enigmatic Realm of **Relapse Partners Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Relapse Partners Guide** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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