

RELAPSE PREVENTION PLANNING

Recognize the Steps of a Relapse



Step 1

The first step is emotional

Your subconscious mind is working, but you are not fully aware of it happening. It can still influence your actions and the decisions you make.

Step 2

The second step is mental

Mental relapse is the moment you begin to think about going back to that old life. You also start to remember all the good times you had during your addiction. You choose to forget the bad times that came with it.



Step 3

The third step is physical



Physical relapse is the part that no recovering addict wants to do. You have listened to that little voice in your head that tells you just one more time will be ok.

Don't listen to that voice that tells you one more is gonna be okay!



Samhsa Relapse Prevention Curriculum

G Thomas



Samhsa Relapse Prevention Curriculum:

Reviewing **Samhsa Relapse Prevention Curriculum**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Samhsa Relapse Prevention Curriculum**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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