



Commit to your health.

Wyoming Healthy Together Program
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Recovering from Addiction: Coping with Relapse

Your goal is to stop using. But if you use again, don't give up. You may have slipped, but you haven't failed. Look at your list of triggers and try to see what caused you to relapse. This will help you plan what to do the next time you feel the urge to use. For most people, this urge gets weaker with time.

Know Your Warning Signs

A relapse is most often brought on by negative feelings or events. Knowing the warning signs can help you head off a relapse. Signs include:

- Feeling angry, resentful, or powerless
- Focusing on the past or the future
- Having trouble dealing with special events or changes in your routine
- Skipping counseling sessions or meetings
- Spending time with people you used with or going places where you used
- Thinking you're cured



"I slipped and I got down on myself. But I went to my meetings and got back on track again."

Have a Plan

Planning ahead for how you'll cope with these feelings or events can help you avoid a relapse. When you notice any of your warning signs, try:

- Calling your sponsor or going to a support group
- Talking to a counselor or a friend
- Doing something you enjoy
- Exercising or going for a walk

My reasons to stay in recovery

Write down some things you would like to do with your life now:
