

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!



Guide For Relapse Prevention

ML Morrison



Guide For Relapse Prevention:

Whispering the Secrets of Language: An Emotional Journey through **Guide For Relapse Prevention**

In a digitally-driven world where screens reign great and quick transmission drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases frequently go unheard. Yet, situated within the pages of **Guide For Relapse Prevention** a charming fictional treasure pulsating with fresh emotions, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the emotional depths with this poignant review, we can embark upon a genuine exploration of the book's key subjects, dissect their interesting publishing fashion, and fail to the effective resonance it evokes deep within the recesses of readers' hearts.

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