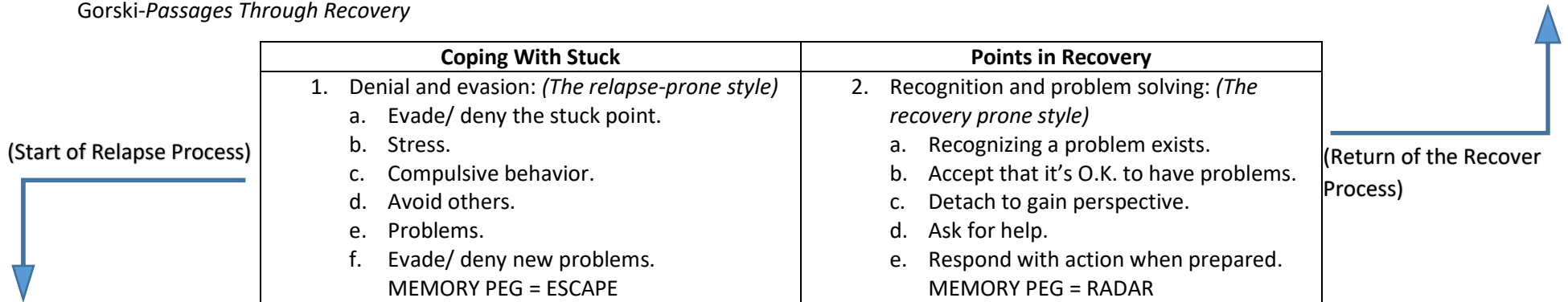


Transition	Stabilization	Early Recovery	Middle Recovery	Late Recovery	Maintenance
1. Developing motivating problems. 2. Failure of normal problem-solving. 3. Failure of controlled use strategies. 4. Acceptance of need for abstinence.	1. Recognition of the need for help. 2. Recovery from immediate after-effects. 3. Interrupting pathological pre-occupation. 4. Learning nonchemical stress management methods 5. Developing hope and motivation	1. Full conscious recognition of addictive disease. 2. Full acceptance and integration of the addiction. 3. Learning nonchemical coping skills 4. Short-term social stabilization. 5. Developing a sobriety-centered value system.	1. Resolving the demoralization crisis. 2. Repairing addiction-caused social damage. 3. Establishing a self-regulated recovery program. 4. Establishing lifestyle balance. 5. Management of change.	1. Recognizing the effects of childhood problems on sobriety. 2. Learning about family-of-origin issues. 3. Conscious examination of childhood. 4. Application to adult living. 5. Change in lifestyle.	1. Maintain a recovery program. 2. Effective day-to-day coping. 3. Continued growth and development. 4. Effective coping with life transitions.

Gorski-Passages Through Recovery



High-Risk Factors	Trigger Events	Internal Dysfunction	External Dysfunction	Loss of Control	Lapse/Relapse
1. High stress personality. 2. High-risk lifestyle. 3. Social conflict or change. 4. Poor health maintenance. 5. Other illness. 6. Inadequate recovery program.	1. High stress thoughts. 2. Painful emotions. 3. Painful memories. 4. Stressful situations. 5. Stressful interactions with other people.	1. Difficulty in thinking clearly. 2. Difficulty in managing feelings and emotions. 3. Difficulty in remembering things. 4. Difficulty in sleeping restfully. 5. Difficulty in managing stress. 6. Difficulty with physical coordination. 7. Shame, guilt, hopelessness 8. Return of denial.	1. Avoidance and defensive behavior. 2. Crisis building. 3. Immobilization. 4. Confusion and overreaction. 5. Depressions.	1. Poor judgement. 2. Inability to take action. 3. Inability to resist destructive impulses. 4. Conscious recognition of the severity of loss of control. 5. Option reduction. 6. Emotional or physical collapse.	1. Initial use of alcohol or other drugs. 2. Severe shame, guilt, and remorse. 3. Loss of control over use. 4. Development of health and life problems.

HIGH SCHOOL: Describe what happened to you in High School. How do you think it has affected you as an adult?

ADDICTIVE USE DURING HIGH SCHOOL: Describe your alcohol and/or drug use during High School. How much were you using? How often did you use? What did alcohol/drugs allow you to do or be that you couldn't do or be sober? What did alcohol/drugs allow you to STOP doing or being that you couldn't stop doing sober? What were the consequences?

COLLEGE: Describe what happened to you in College. How do you think it has affected you as an adult?

ADDICTIVE USE DURING COLLEGE: Describe your alcohol and/or drug use during College. How much were you using? How often did you use? What did alcohol/drugs allow you to do or be that you couldn't do or be sober? What did alcohol/drugs allow you to STOP doing or being that you couldn't stop doing sober? What were the consequences?

MILITARY: Describe what happened to you in the Military. How do you think it has affected you as an adult?

ADDICTIVE USE DURING THE MILITARY: Describe your alcohol and/or drug use during the Military. How much were you using? How often did you use? What did alcohol/drugs allow you to do or be that you couldn't do or be sober? What did alcohol/drugs allow you to STOP doing or being that you couldn't stop doing sober? What were the consequences?

ADULT RELATIONSHIPS: Describe your Adult Relationship History. Are you satisfied with your intimate relationships? If not WHY NOT?

THE IMPACT OF ADDICTION UPON RELATIONSHIPS: Describe the impact your alcohol/drug use has had upon your relationships. What did alcohol/drugs allow you to do or be intimately that you couldn't do or be sober? What did alcohol/drugs allow you to STOP doing or being intimately that you couldn't stop doing sober? What were the consequences?

Relapse Warning Signs

Phase I: Return of Denial: Minimizing, Rationalizing, Justifying, Distorting, Projecting . . . Begins

- 1-1. **Concern About Well Being.** Sometimes we worry about our recovery, health, and emotional well-being.
- 1-2. **Denial of the Concern.** But then we think, “We’re not drinking or using so everything will be OK.” When questioned or confronted, we say, “We’re fine. Nothing’s wrong.”

Phase II: Avoidance and Defensive Behavior

- 2-1. **Believing “We’ll Never use Again.”** We pretend we feel good and try to convince ourselves that we will never use alcohol and/or drugs again. “I’VE LEARNED MY LESSON.” “MY WILL POWER WILL KEEP ME SOBER.” This feeds the belief that we don’t have to work so hard at a daily recovery program.
- 2-2. **Worrying About Others Instead of Self.** We stop working our recovery program, and start focusing on others. We often blame, criticize, and find fault with people around us. If only “THEY” would act differently “WE” would be OK.
- 2-3. **Defensiveness.** We get angry when people try to talk to us about our recovery program, our attitude, or our behavior. We start isolating and avoiding others.
- 2-4. **Compulsive Behaviors.** We start overdoing and get so wrapped up in our “projects” that we don’t have time to think about ourselves or our recovery. Our “projects” may be work, food, shopping, exercise, etc. We keep so busy that we don’t have time to think or feel.
- 2-5. **Impulsive Behaviors.** This compulsiveness leads us to feeling Hungry, Angry, Lonely, and Tired. Which results in stress. In this stressed state we make impulsive decisions that we regret later and that can seriously hurt us or others.
- 2-6. **Loneliness and Isolation.** Even though a part of us wants to around other people, we find that we are making excuses so we can be alone because it’s easier to not think, feel, or deal with the problems.

Phase III: Crisis Building: Problems Multiply, Denial Increases

- 3-1. **Tunnel Vision.** We blow our problems out of proportion. Our “world” is made up of these issues and we lose touch with “the big picture.”
- 3-2. **Minor Depression.** We have less and less energy and feel “down in the dumps.” We try to force ourselves to stay busy to keep from acknowledging these feelings.
- 3-3. **Loss of Constructive Planning.** We stop planning our day and our future. We become listless. Plans that are made are based more on wishful thinking than on reality.
- 3-4. **Plans Begin to Fail.** When we do make plans they tend to fail; causing more problems to develop. Many of these seem to be the same as the problems we had when we were using, which causes us to feel guilty and remorseful.

**Phase IV: Immobilization: Stuck!! Going Through the Motions of Living!!
Controlled by Life Rather Than Controlling Life!!**

- 4-1. **Daydreaming and Wishful Thinking.** We count on fantasies becoming reality. We daydream of geographic cures, winning the Lotto, or being rescued.
- 4-2. **Feelings That Nothing Can Be Solved.** It doesn't matter what we do because our BEST efforts aren't good enough. We feel doomed and destined to fail.
- 4-3. **Immature Wish To Be Happy.** We are looking for "an easier, softer way" to be happy. We either won't, can't, or don't know how to set realistic goals.

**Phase V: confusion and Overreaction: We Begin to Experience Internal Anguish.
We Lose Faith in the Recovery Process**

- 5-1. **Confusion Increases.** It becomes more and more difficult to figure things out. The more we push, the more confused we become.
- 5-2. **Irritation With Family and Friends.** When other people close to us try to talk about what is going on, we think they are criticizing us and we become argumentative.
- 5-3. **Easily Angered.** Our anger, frustration, resentments, and irritability increase. Overreaction to small things becomes more frequent. Stress and anxiety increases.

**Phase VI: Depression: Doom and Gloom Becomes Our Way
of Viewing the World and Perceiving Ourselves**

- 6-1. **Irregular Eating and Sleeping Habits.** Our nutrition is abandoned – "junk food" is back in the picture. We either overeat or under eat. Sleep habits are erratic. We feel completely exhausted upon awakening and we may experience "bad dreams."
- 6-2. **Lack of Desire to Take Action.** We feel overwhelmed and are unable to start or finish projects.
- 6-3. **Loss of Daily Structure.** We get so stressed out and miserable that we cannot keep our lives manageable. We miss appointments and meetings or we run so late that we decide not to go at all.
- 6-4. **Periods of Deep Depression.** We feel "Angry, Lonely, and Tired ALL OF THE TIME." People try to help us, but we think they don't understand what we're going through.

Phase VII: Loss of Control Over our Behavior: Life Seems to be Chaotic and Out of Control

- 7-1. **Irregular Attendance at AA and Counseling Session.** We stop attending regular AA/NA meetings and miss counseling sessions.
- 7-2. **Open Rejection of Help.** When people try to help us, we blow up and push them away. We avoid anyone who might see our real feelings.
- 7-3. **Feelings of Powerlessness and Helplessness.** Things seem to be so bad that it seems useless to try to do anything about them.

- 7-4. **Development of an “I Don’t Care” Attitude.** We feel as if everything is hopeless. We don’t want others to know this, so we act as if we don’t care.
- 7-5. **Self-Pity.** We feel sorry for ourselves and try to get sympathy and attention from family and AA members.
- 7-6. **Thoughts of “Drinking or Using.”** Our thinking may go one of two ways: “We can use and control it,” or “We know we can’t control it, but don’t care.”
- 7-7. **Conscious Lying.** We begin to lie to ourselves and others.
- 7-8. **Complete Loss of Self-Confidence.** We think we are total failures at recovery and at life. We don’t believe anything will change for the better, no matter what we do.

Phase VIII: Option Reduction: There’s No Way Out

- 8-1. **Unreasonable Resentments.** We feel angry with the world, and think that everyone is against us.
- 8-2. **Discontinues All Treatment and AA.** We have stopped all AA/NA meetings, stopped calling our sponsor, stopped going to counseling and/or aftercare.
- 8-3. **Overwhelming Loneliness, Frustration, Anger, and Tension.** We begin to feel like we are insane and that our only choices are using alcohol/drugs, suicide or insanity.

Phase IX: Return to Use or Physical/Emotional Collapse

- 9-1. **Return to “Controlled” Use.** We may try to control our use and sometimes we are able to do this for a short period. Or, we lose control immediately.
- 9-2. **Shame and Guilt.** We feel ashamed and guilty for using and believe if we had done things the right way, this wouldn’t have happened to us. We believe we are weak, bad people because we have relapsed.
- 9-3. **Loss of Control.** We begin to use just as much or more than we did before.
- 9-4. **Life Problems.** We begin to have severe problems with our marriage, relationships, job, friends, health, and/or the law. We need relapse prevention therapy in order to get better.

Warning Sign Management Strategies

Select 3 Critical Warning Signs From Your Final Warning Sign List
You Wish to Develop Management Strategies For

Title of Critical Warning Sign # _____

Strategy Life: What are 3 Ways of Dealing With This CWS That Might Work Better?

1. _____

2. _____

3. _____

Which Strategy is Most Likely to Work? 1. 2. 3.

Why Do You Think This One Will Work Best? _____

What are the Steps to Make This Work? What do You Have to do First, Second, etc.?

Mental Rehearsal: Try to Imagine Using This Strategy.

Were There Any Problems in Doing This? _____

What Felt Right? _____

What Changes Need to be Made? _____

Weekly Recovery Plan

Instructions: Think of a typical week and complete your recovery Plan below by: (1) entering the day and time of scheduled recovery activities; (2) describing the recovery activity in the second column; and (3) describing the primary goal of that activity in preventing relapse.

Day/Date	Recovery Activity	Relapse Prevention Goal
Mon _____		
Tues _____		
Wed _____		
Thurs _____		
Fri _____		
Sat _____		
Sun _____		

Early Intervention Worksheet

1. Please describe what actions you will take if you return to active addiction: _____

2. Please describe what you would expect others to do to help you if you return to active addiction:

3. To what lengths do you want others to go to help you if you are resisting their help?

Recovery Help Agreement

I AGREE TO SHARE THIS PART OF MY FINAL WARNING SIGN LIST, RECOVERY AND INTERVENTION PLAN WITH THE SIGNIFICANT PEOPLE IN MY LIFE.

Name

Significant Other

Significant Other

Significant Other

Date

Significant Other