

## Relapse Prevention *An Overview*

### Conference Workshop

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1. If you stop addictive use for a while and then begin to use again, you relapsed.
2. Relapse develops over a progressive period of time & has early warning signs.
3. You are in recovery if you have stopped the alcohol and/or drug use.

4. Relapse occurs because addicts/alcoholics drop out of treatment or stop going to meetings.
5. Recovering people may not be totally aware of the warning signs of relapse.
6. Once recovering people are consciously aware of the warning signs of relapse, they can choose to take action to make the warning signs go away.

7. Relapse can be avoided by willpower and self-discipline alone.
8. People who relapse are not motivated to recover.
9. When people relapse it means that they haven't hit bottom yet and they need more pain.

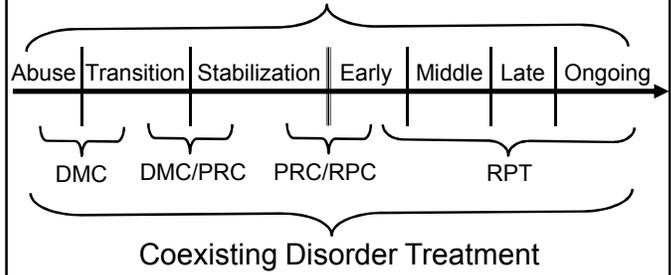
### You Have To Be In Recovery Before You Can Relapse

Being in recovery requires...

1. **Understand** addiction
2. **Apply** that understanding to self
3. **Accept** the painful feelings due to being addicted
4. Having hope & belief recovery is possible and preferable
5. Doing the B.P.S.S. recovery footwork needed
6. Be abstinent — 60-90 Days

### CENAPS® Developmental Model Of Recovery

Assessment & Treatment Planning



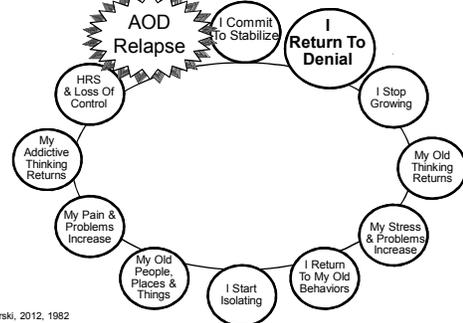
### Tools For Moving Into Early Recovery

Moving from stabilization to early recovery requires...

- Identifying and managing stress
- Normalizing and managing cravings
- Identifying & managing Post Acute Withdrawal
- Identifying and managing high risk situations

### The Relapse Cycle

Moving from being stable in recovery to becoming dysfunctional and relapsing with alcohol or other drugs (AOD)



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## Managing Stuck Points In Recovery

### Relapse Prone

Evade/Deny  
 Stress Builds  
 Compulsive/Impulsive  
 Avoidance Tactics  
 Problems Multiply  
 Evade/Deny

### Recovery Prone

Recognize  
 Accept It's OK  
 Detach  
 Ask For Help  
 Respond w/ Action

## Three Paths From Remission To Relapse

- Relapse triggered by exposure to addictive/rewarding drugs
- Relapse triggered by exposure to conditioned cues from the environment
- Relapse triggered by exposure to stressful experiences involves brain stress circuits
  - *The anatomy and the physiology in these three modes of relapse have been delineated through extensive neuroscience research.*

Source: American Society of Addiction Medicine, 2011 — <http://www.asam.org>

## Post Acute Withdrawal (PAW)

### A Withdrawal Symptom That Is...

- Often Sub-Clinical (not easy to see)
- Long-term (18 months to 3 years)
- Previously Unidentified
- Causes Dysfunction In Recovery

## Symptoms Of PAW

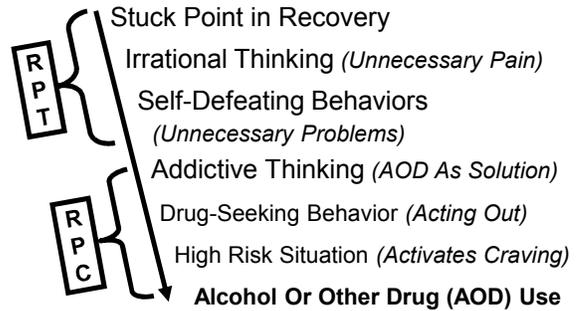
### People Have Difficulty With ...

- Thinking Clearly
- Managing Feelings & Emotions
- Remembering Things
- Sleeping Restfully
- Physical Coordination
- Managing Stress

## Relapse Prevention ...

1. **Counseling (RPC)**
  - Identifying and Managing
  - **High Risk Situations**
  - That Cause Craving
2. **Therapy (RPT)**
  - Identifying and Managing
  - **Early Relapse Warning Signs**
  - That Lead To High Risk Situations
3. **Addiction Psychotherapy**
  - Identifying and Managing
  - **Core Personality Traits & Lifestyle Problems**
  - That Cause Early Relapse Warning Signs

## Early Relapse Warning Signs Lead To High Risk Situations



## Relapse Prevention Therapy (RPT)

- Identifies And Changes Core ...
- Personality Factors
  - Lifestyle Factors
- ... That Lead To A/D Use

**Relapse Prevention Counseling (RPC)**  
*Stabilizes Clients For*  
**Relapse Prevention Therapy (RPT)**  
*Stabilizes Clients For*  
**Addiction Psychotherapy**

## Relapse Prevention Counseling

1. Time Limited Abstinence Contract
2. Relapse Intervention Plan
3. High Risk Situation (HRS) Identification
4. HRS Situations Mapping
5. HRS Management
6. HRS Decision Point Management
7. Recovery Planning For Future HRS

**A High Risk Situation Is**

**Any Experience  
That Can Activate The Urge  
To Use Alcohol Or Other Drugs  
In Spite Of the Commitment Not To**

**High Risk Situation**

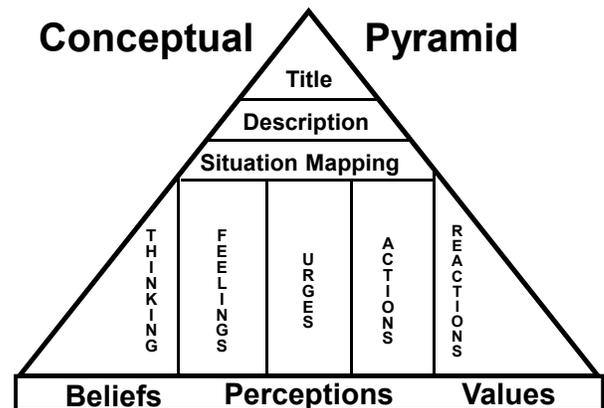
**High Risk Situations Activate Craving By**

- A. Removing Recovery Support (Replacing Sober Reality Testing With Addictive Reality Testing)
- B. Creating Social Pressure to Use (AODs)
- C. Exposing To Addictive Substances (Witness Use; Accidental, Deceptive, or Medical Use)

**How The Brain Works**

1. The Brain Is A Habit Forming Computer
  - Automatic Thoughts
  - Automatic Feelings
  - Automatic Behaviors
2. The Brain Organizes Information Using A Conceptual Pyramid

**Conceptual Pyramid**



### Each HRS Is Composed Of ...

- |  |   |
|--|---|
| <b>1. Internal Factors</b><br>1) Biological States<br>2) Beliefs<br>3) Perceptions<br>4) Thoughts<br>5) Feelings<br>6) Urges<br>7) Actions | <b>2. External Factors</b><br>1) People<br>2) Places<br>3) Things<br>4) Situations <ul style="list-style-type: none"> <li>• <i>Grave Illness</i></li> <li>• <i>Death &amp; Loss</i></li> <li>• <i>Homelessness</i></li> <li>• <i>Joblessness</i></li> <li>• <i>Poverty</i></li> </ul> |
|--|---|

### Common High Risk Situations

1. People, Places, & Things That Center Around AOD Use
2. Cues or Triggers Related To Past AOD Use That Activate Craving (Movies, Songs)
3. Problems, Losses, Traumas in Recovery
4. Anything That Causes A Personal Survival Threat By Challenging Survival Beliefs (I must/ Can't Or Else I Will Die!)

### Identifying & Managing HRS

1. Identify The High Risk Situation  
Are There Any Situations That Could Make You Want To Use AOD's In Spite of Your Commitment Not To?
2. Describe It (Write A Description)  
Tell Me What Happened or Could Happen?
3. Label It (Give It A Title)  
Let's Name The Situation With A Word Or Short Phrase To Help Us Remember & Talk About It.

### Categories of High Risk Situations

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Unpleasant Emotions</li> <li>2. Physical Discomfort</li> <li>3. Pleasant Emotions</li> <li>4. Testing Personal Control</li> <li>5. Urges &amp; Temptations</li> <li>6. Conflict With Others</li> <li>7. Social Pressure to Drink</li> <li>8. Pleasant Times With Others</li> </ol> | } <b>Internal</b><br><br>} <b>External</b> |
|--|--|

Source: Annis, H.M. Inventory of Drinking Situations. Toronto: Addictions Research Foundation of Ontario, 1982; Marlatt & Gordon, Relapse Prevention, 1980

## Mapping High Risk Situations

### What Situations Should Be Mapped:

1. Immediate Future High Risk Situation
2. Past High Risk Situations
  - That Are Similar To The Identified HRS
  - One That Ended In A/D Use
  - One That Was Managed Without A/D Use

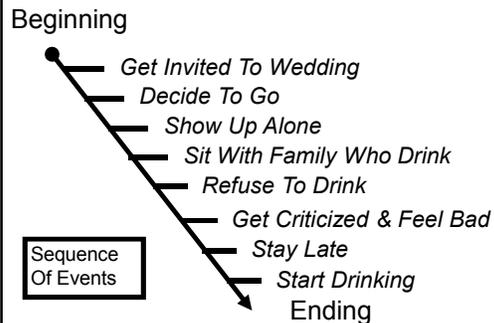
## How To Create A Situation Map

1. Describe The Exact Sequence Of Events And Behaviors
  - *Go Visual, See It In Your Mind*
2. Clarify All Aspects Of the Situation
  - *Who? What? When? Where? Why? How?*
3. What Did You Want To Accomplish?
  - *Getting Into Bad Situations For Good Reasons*
4. Did You Get What You Wanted?
  - *What Did It Cost?*

## Clarifying The Big Picture

1. What Did You Want To Accomplish By Managing The Situation The Way You Did?
2. Did You Get What You Wanted?
  - Yes or No. To What Degree (0 – 10)
3. What Was The Price You Paid?
4. What Could You Do Differently To Get Those Needs Met In A Healthy Way?

## Example : Wedding Situation Map



## Situation Management

1. Identify 3 Decision Points Where More Effective Strategies Could Be Used
  - Near The Beginning
  - Near The Middle
  - Near The End
2. What Can You Do Differently At Each Decision Point
3. How Will That New Behavior Change The Outcome (Best? Worst? Most Likely?)

## Situation Management

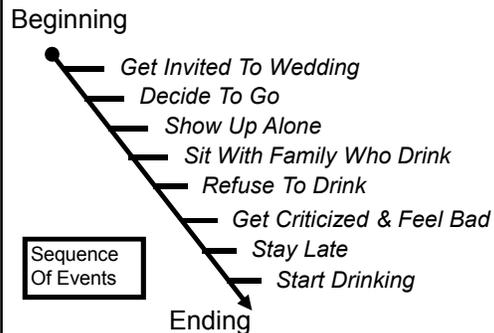
4. Explore How To Responsibly Avoid The Situation.
5. Explore How Stop AOD Use Quickly Should It Occur As A Result Of The Situation

### What Can You Do Differently To Avoid Using Alcohol Or Other Drugs (AOD's)?

How Can You ...

- Avoid The Situation?
- Change Something Near The Beginning?
- Change Something Near The Middle?
- Change Something Near The End?
- Stop AOD Use Quickly Should It Occur?

### Mapping High Risk Situations



## Identifying Decision Points



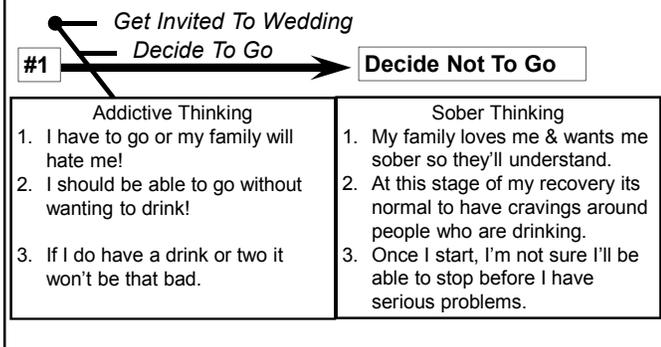
## Decision Point Management

### Thinking Management

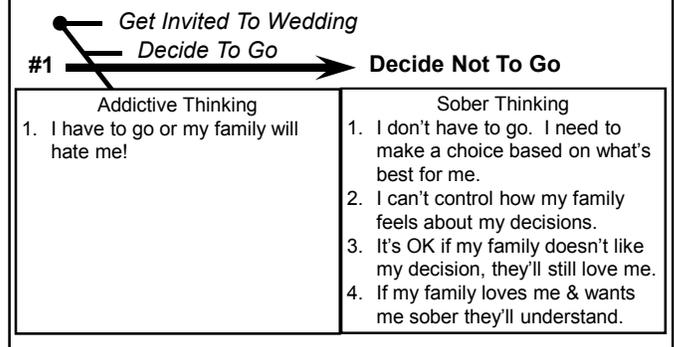
#### At The First Decision Point ...

1. What do you tend to **think** that could make you want to use AOD's in this situation?
2. What's another way of thinking that could help you manage the situation without using AOD's?

## Decision Point Management



## Decision Point Management



**Decision Point Management**

Get Invited To Wedding

#1 **Decide To Go** → **Decide Not To Go**

Addictive Thinking	Sober Thinking
<ol style="list-style-type: none"> <li>1. I have to go or my family will hate me!</li> <li>2. I should be able to go without wanting to drink</li> </ol>	<ol style="list-style-type: none"> <li>1. No I shouldn't. At this stage of my recovery its normal to have cravings when I'm around people who are drinking.</li> <li>2. If I go I'll be putting myself in a really tough situation. I don't need that right now.</li> <li>3. If I start drinking the whole family will suffer, so its best not to go</li> </ol>

**Decision Point Management**

Get Invited To Wedding

#1 **Decide To Go** → **Decide Not To Go**

Addictive Thinking	Sober Thinking
<ol style="list-style-type: none"> <li>1. I have to go or my family will hate me!</li> <li>2. I should be able to go without wanting to drink</li> <li>3. If I do have a drink or two it won't be that bad.</li> </ol>	<ol style="list-style-type: none"> <li>1. If I start drinking it can cause very bad problems.</li> <li>2. When I drink my judgment &amp; impulse control disappear, I usually keep going until I get drunk, I need to drink the morning after, and I quickly go back into old and very destructive ways of living.</li> <li>3. If I start drinking I could easily loose control &amp; destroy my life.</li> </ol>

**Decision Point Management**

**Feeling Management**  
At The First Decision Point ...

1. What do you tend to *feel* that makes you want to use AOD's?
2. How can you recognize & label those feelings?

**Feelings & Craving**

**Feeling + Addictive Thinking = Craving**

<input type="checkbox"/> Strong	or	<input type="checkbox"/> Weak	..... Intensity = __
<input type="checkbox"/> Angry	or	<input type="checkbox"/> Caring	..... Intensity = __
<input type="checkbox"/> Happy	or	<input type="checkbox"/> Sad	..... Intensity = __
<input type="checkbox"/> Safe	or	<input type="checkbox"/> Threatened	..... Intensity = __
<input type="checkbox"/> Fulfilled	or	<input type="checkbox"/> Frustrated	... Intensity = __
<input type="checkbox"/> Proud	or	<input type="checkbox"/> Ashamed	.... Intensity = __
<input type="checkbox"/> Lonely	or	<input type="checkbox"/> Connected	.. Intensity = __
<input type="checkbox"/> Peaceful	or	<input type="checkbox"/> Agitated	..... Intensity = __

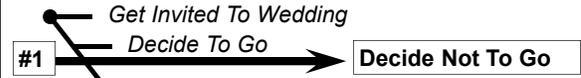
## Decision Point Management

### Feeling Management

#### At The First Decision Point ...

3. Identify Addictive Feeling Management Strategies
  - *What do you do to manage these feelings that makes you want to use AOD's?*
4. Identify New and More Effective Feeling Management Strategies
  - *What could you do differently that would help you to manage these feelings more effectively?*

## Mapping High Risk Situations



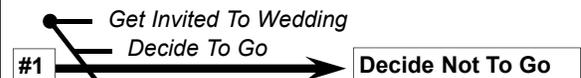
Unmanageable Feeling	New Management Strategy
1. Feeling: Fear	1. Feeling: Fear.
2. Activating Thought: My Family Will Hate Me!	2. New Thought: My Family will understand & support my decision.
3. Activating Behavior: Always Having To Do What My Family Wants	3. New Behavior: Respectfully refusing to do what's expecting & negotiating acceptable alternatives.

## Mapping High Risk Situations

### At The First Decision Point ...

1. What do you do (What behaviors do you use) that increases the risk of using AOD's?
2. What could you do differently to avoid using AOD's?

## Decision Point Management



Old Behavior	New Behavior
1. Doing what I'm told, pretending to like it, feeling angry inside	1. Refusing to do what I'm told.
	2. Honestly telling people why
	3. Negotiating new alternatives for meetings the needs of all involved, including me.

## Decision Point Management

### At The First Decision Point ...

1. How do others respond to you in a way that increases the risk of using AOD's?
2. How could you invite others to do things that would keep you from using AOD's?

## Decision Point Management

### Lessons Learned ...

1. What's The Most Important Thing You Learned By Doing This Situation Map?
2. What Other High Risk Situations Are You Facing?
3. How Can You Apply What You Learned To These Other Situations?

## Relapse Warning Signs

1. A Progression Of Problems ...
  - Interrelated
  - Causally Connected
2. That Result In ...
  - Addictive Use
  - Physical/Psychological Collapse
  - Suicide

## Relapse Warning Signs

3. Are Activated By
  - Core Addictive Issues
  - Core Psychological Issues
4. And Create ...
  - Irrational Thoughts That Justify Addictive Use

### Comprehensive Warning Sign List

1. Developed In 1973 By Terence T. Gorski
2. Expanded & Improved Over 40 Years
3. Started With 118 Relapse Histories

### Warning Sign Progression

3. Patients Studied ...
  - Completed 21-28 Day Program
  - Recognized And Accepted Addiction
  - Attempted To Use Their Recovery Program
  - Returned To Addictive Use

### Relapse Warning Sign Progression

- 
1. Internal Change
  2. Denial
  3. Avoidance And Defensiveness
  4. Crisis Building
  5. Immobilization
  6. Confusion And Overreaction
  7. Depression
  8. Loss of Control
  9. Break In Denial
  10. Option Reduction
  11. Addictive Use

### Warning Sign Identification

1. **Title**
  - A Word Or Phrase Summarizing The Meaning Of The Warning Sign
2. **Description**
  - "I Know I Am In trouble With My Recovery When I... (The Primary Unmanageable Situation)"

### Warning Sign Identification

#### 3. Thought Statement

- “When I Experience This Warning Sign I Tend To Think (Primary Irrational Thought)”

#### 4. Feeling Statement

- “When I Experience This Warning Sign I Tend To Feel (Primary Unmanageable Feeling)”

### Warning Sign Identification

#### 5. Urge Statement

- “When I Experience This Warning Sign I Have An Urge To (Primary Self-defeating Thing I Want To Do)”

#### 6. Action Statement

- “When I Experience This Warning Sign What I Actually Do Is (Primary Self-defeating Thing I Actually Do)”

### Warning Sign Identification

#### 7. Social Reaction

- “When I Experience This Warning Sign I Tend To Invite Others To Become Part Of My Problem By (Primary Self-defeating Relationship Problem)”

### Example Of A Warning Sign:

**Title:** Can't Say No

**Description:**

I Know I'm In Trouble With My Recovery When ...  
...I Can't Stop Myself From Agreeing To Do Things  
That I Don't Want To Do Or Have The Time And  
Energy To Do

### Example Of A Warning Sign:

When This Happens I Tend To ...

**Think:** If I don't do it no one will like me

**Feel:** I feel anxious and afraid

**Urge:** I have an urge to please the person who is asking

**Action:** What I actually do is try to do it perfectly

### Example Of A Warning Sign:

**Social Reaction:** When This Happens I Tend to:

Invite Others To Become Part Of My Problem By ...

- *Hiding My Feeling*
- *Doing What I Can To Please Them*
- *Not Letting Them Know What I Am Really Feeling*

### Warning Sign Identification Card (Side 1)

**Title:** \_\_\_\_\_

**Description:** I know I am in trouble with my recovery when I...

**Thought:** When I experience this warning sign I tend to think ...

**Feeling:** When I experience this warning sign I tend to feel ...

**Urge:** When I experience this warning sign I have an urge to...

**Action:** When I experience this warning sign what I actually do is ...

**Reaction:** I tend to invite others to become part of my problem by ...

### Warning Sign Management

#### 1. Recovery Activities

- Activities for managing this warning sign are ...

#### 2. Managing Thoughts

- A new way of thinking is ...

#### 3. Managing Feelings

- A new way of managing my feelings is...

### Warning Sign Management

#### 4. Managing The Urge

- A new way of managing the action urge is...

#### 5. Changing Actions

- A new way of acting is...

#### 6. Changing Relationships

- A new way of inviting people to help me is...

### Warning Sign Identification Card (Side 2)

Title: \_\_\_\_\_

**Recovery Activities:** Activities for managing this warning sign are ...

**Managing Thoughts:** A new way of thinking is ...

**Managing Feelings:** A new way of managing my feelings is...

**Managing The Urge:** A new way of managing the action urge is...

**Changing Actions:** A new way of acting is...

**Changing Reactions:** A new way of inviting people to help me is ...

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### Web Site & Contact Resources

- [www.drstevegrinstead.com/blog](http://www.drstevegrinstead.com/blog)
- [www.cenaps.com](http://www.cenaps.com)
- [www.tgorski.com](http://www.tgorski.com)
- [www.addiction-free.com](http://www.addiction-free.com)
- [www.relapse.org](http://www.relapse.org)



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