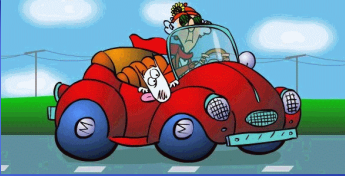


This is why addicts can't just quit
and
This is why treatment is essential
and active engagement in peer
support groups

Relapse

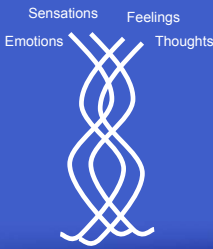


After starting a new diet I altered my drive to work to avoid passing my favorite bakery. I accidentally drove by the bakery this morning and as I approached, there in the window were a host of goodies.

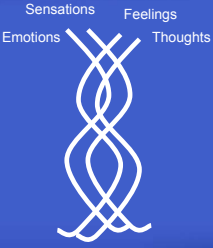
I felt this was no accident, so I prayed... "Lord, it's up to you, if you want me to have any of those delicious goodies, create a parking place for me directly in front of the bakery."

And sure enough, on the eighth time around the block, there it was!
God is so Good!"

What we are aware of:



What do we do with these things bouncing around in our head?



```
graph TD; A[Become Aware of it] --> B[Made a judgment about it]; B --> C[Good]; B --> D[Neutral]; B --> E[Bad]; C --> F[Make plans]; D --> G[Fuzz out Boredom Sleep]; E --> H[Make plans]; F --> I[Go for it]; H --> J[Avoid it]
```

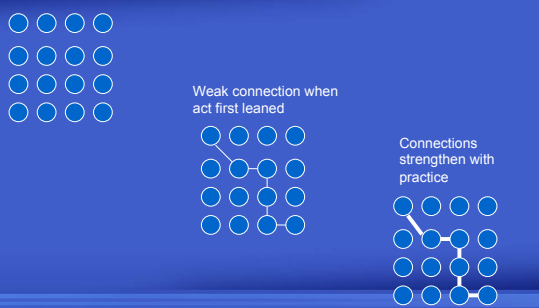
Act before you think!
Think before you act?



"...research by Benjamin Libet (1999) showed ... that people became aware of the intention to act *after* (350-400ms. to be exact) the brain has readied itself to act and *before* (200ms) motor activity. In other words, we can "veto" an action, but our *intention* to act is formulated in the brain before we become aware of it!" (Germer, C.K (2005) p.23)

Learning and neurons

Unused neurons

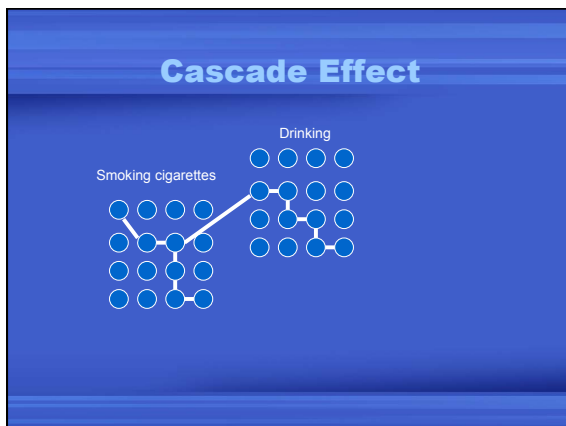


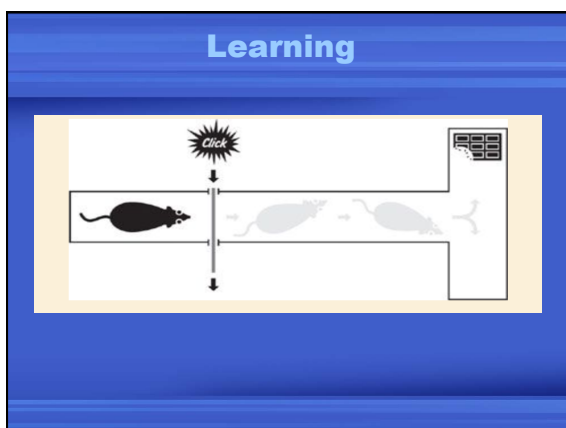
Weak connection when act first learned

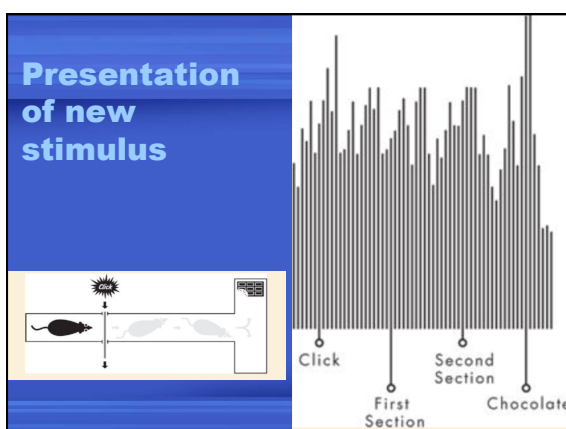
Connections strengthen with practice

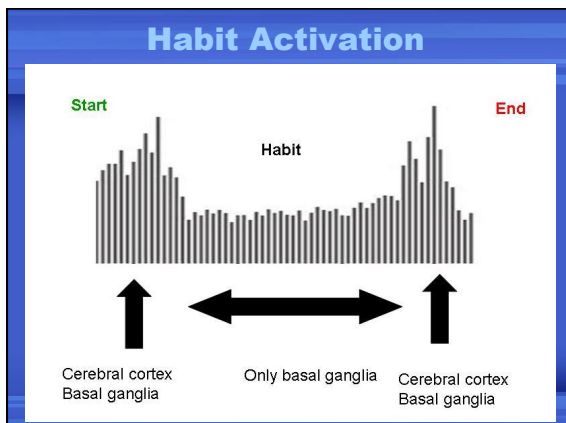
Practice makes perfect

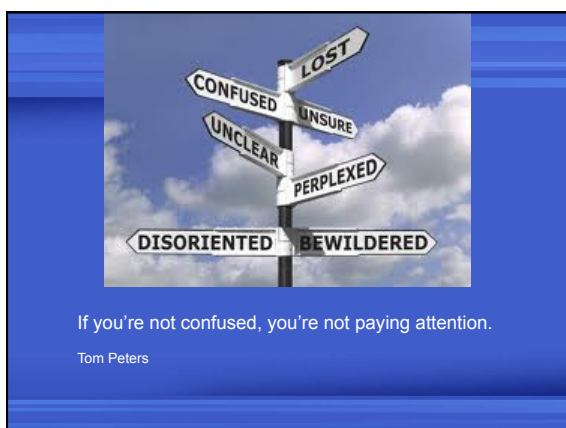
As you practice the linkages become stronger.
As the linkages become stronger the sequence becomes faster.
As the sequence becomes faster it becomes a reaction .
You don' t think reactions;
You do reactions.











Relapse Cycle

My Trigger(s) this time: _____

Negative Self Thoughts: _____

Feelings: _____

Reminds me of: _____

So I just want to: _____

Late Feelings: _____

Harmful act to self or others: _____

Afterwards I felt/thought: _____

I make it OK in my mind by saying to myself: _____

What made this a high risk situation for me?

1. _____
2. _____
3. _____