

Relapse

Relapse does not
mean failure

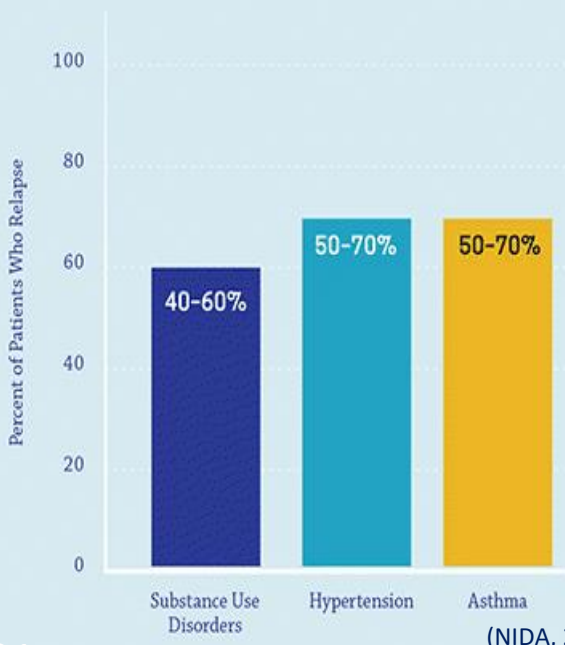
More than 85% of people with addictions who stop using a drug begin using it again within a year.

(NIDA, 2019)

Relapse is the return to drug use after an attempt to stop.

Relapse is a normal part of recovery.

Comparison of Relapse Rates Between Substance Use Disorders and Other Chronic Illnesses



Relapse Prevention Tips

1. Relapse is a gradual process with stages.
2. Recovery is a process of personal growth with developmental milestones.
3. The main tools of relapse prevention are cognitive therapy and mind-body relaxation, which are used to develop healthy coping skills.
4. Basic Rules of relapse prevention:
 - Create a new life where it is easier to not use.
 - Be completely honest
 - Ask for help
 - Practice self-care
 - Don't bend the rules.

(Melemis, 2015)