

# Preparing and Preventing Relapse and Self-Sabotage

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# Self-Sabotage

I want you to write only  
one word

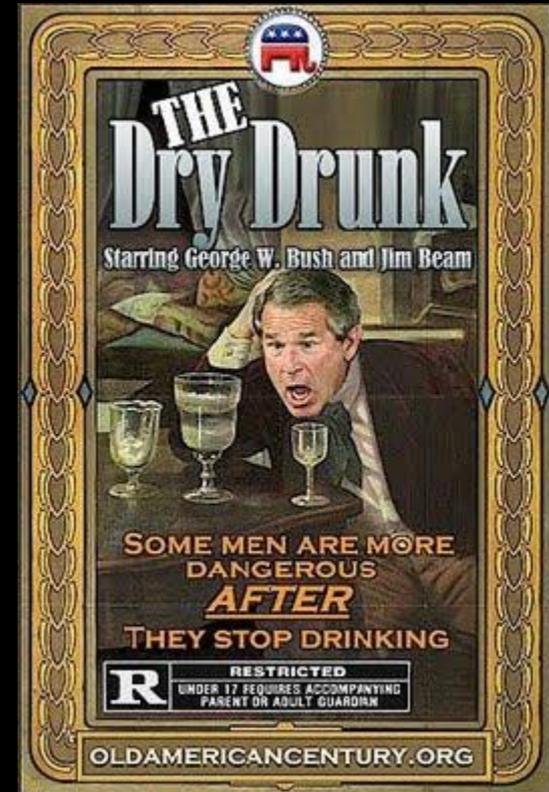
# Self-Sabotage

E O N R O  
L D N Y  
W O

Believing that addiction to only one substance is the problem



# Recovery/Sobriety or Absence



Recovery is not simply stop using

# Were they Truly in Recovery

-Betty Ford Institute

Sobriety refers to abstinence from alcohol and all other non-prescribed drugs.

Personal health refers to improved quality of personal life as defined and measured by validated instruments such as the physical health, psychological health, independence, and spirituality scales of the World Health Organization QOL instrument

Citizenship refers to living with regard and respect for those around you as defined and measured by validated instruments such as the social function and environment scales of the WHO-QOL instrument

# Voluntary

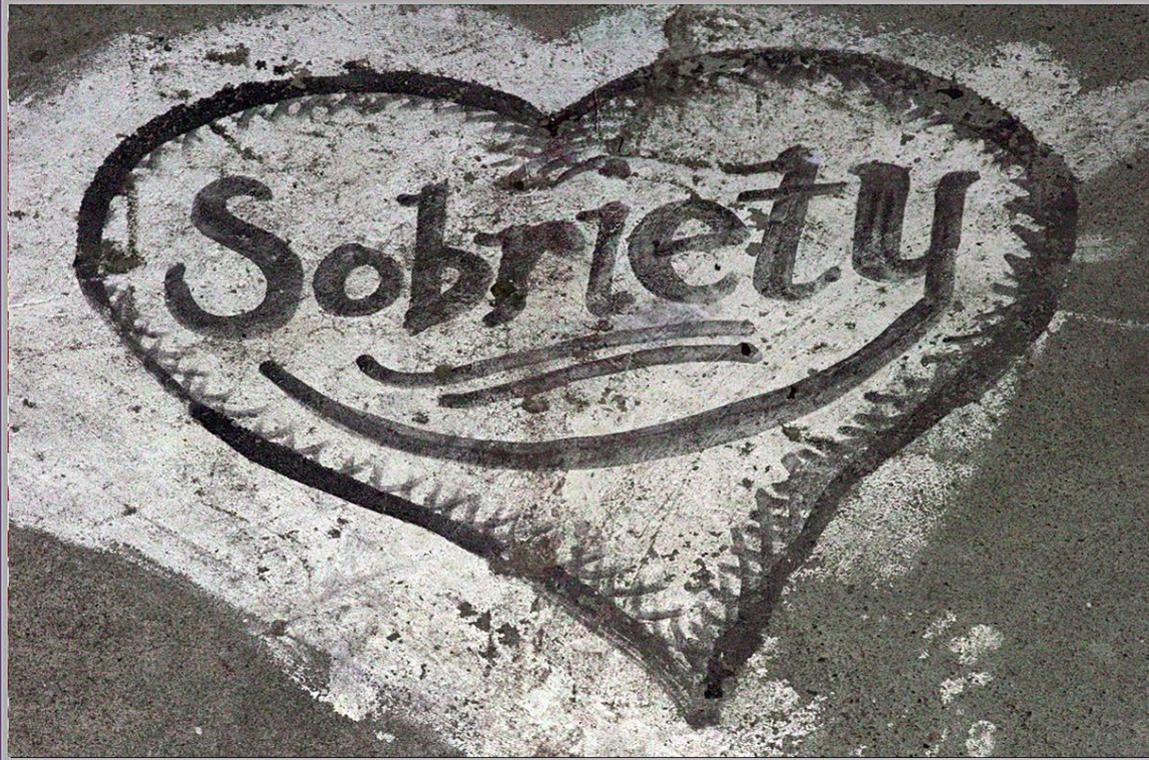
When one is in Recovery it is VOLUNTARY and should not be mistaken with periods of forced abstinence such as during incarceration or coerced treatment. Must be a willing and voluntary pursuit of behaviors.



# Not pursuing Recovery with the same Energy as Addiction



# Sobriety will fix everything



NSSL

# Maintained Lifestyle

The phrase maintained lifestyle reflects recognition that recovery is more than just a state of being at a moment in time but that it is also not necessarily a permanent state. Recovery status may change without active management to sustain it



# Three Causes for Relapse

*Emotional*

*Unhealthy Patterns of Behavior*

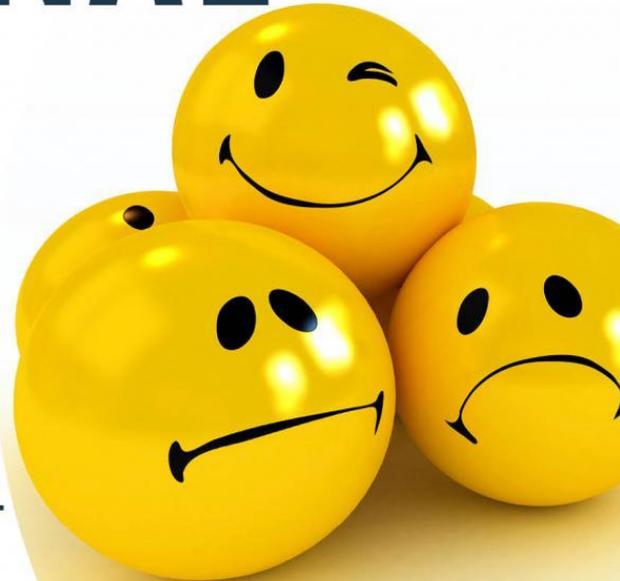
*External situations*

# Three Causes for Relapse

## *Emotional*

### **EMOTIONAL WELLNESS**

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.



# Three Causes for Relapse

## *Emotional*

Anxiety

Intolerance

Anger

Defensiveness

Mood swings

Isolation

Not asking for help

Not going to meetings

Poor eating habits

Poor sleep habits

# Three Causes for Relapse

*Unhealthy Patterns of Behavior aka Using Behaviors*

*Dishonesty*

*Shifting Blame/Consequences*

*Lack of Accountability*

*Absence of Responsibility*

*Chaos*





# ASK

When you look at your clients life ask, What has changed from a year ago? If the only answer is that they are not using drugs anymore there is a problem.

Who do they hang out with?

What do they do for fun?

What are their goals and are they actually working towards them?

How many sober people do they hang out with know?

Do they have a sponsor?

# Have them ask themselves

## *Ask yourself*

- who do you spend time with ?
- where do you go or feel like going ?
- how has your feelings, moods, emotions changed recently ?
- how have your behaviors changed in the last year ?
- what are the differences in your thoughts and attitudes recently ?

# Three Causes for Relapse

DEVELOP A SAFTEY PLAN before they graduate Healing to Wellness for a workable relapse prevention plan.

Ask their Sponsor to come in for a session with the team.

Maslow's Hierarchy of Needs before leaving HTWC.

Reach out after HTWC for check in or offer services.

# Relapse Plan

Have a general plan - phone fellow recoverers, get to a meeting, etc

- Make a list of situations in which you have drunk/drugged in the past.
- Make a list of the places, people and things associated with your addictive behavior.
- Make a list of the internal feelings associated with drinking/using - depression, euphoria, anger, stress, loneliness, success, etc.
- Identify which of these factors are present recently and at the moment and note them as warning signs.
- List the specific warning signs which you have identified and prioritize them hierarchically.
- Work out a series of alternative ways (not just one) which you can use to deal with each warning sign,. Experiment to see what works best. HAVE A FIRE DRILL....
- Let yourself have a relapse fantasy – Go into detail with it and then figure out working backwards how to prevent it. This is a great group exercise.



PB

BB

W

MB

# Services Options

*12 Step meetings* are a good option because attendance can provide the individual with support. This type of group can be of value at almost any stage of the relapse/recovery process.

*Counseling sessions* can help the individual commit to continued development in recovery. I have not found one HTWC client that should not be in individual therapy. FIND A COURT TYPE THERAPIST

*Spiritual/Cultural* can be useful for dealing with emotional upheaval in recovery. This does not have to be a sitting practice but could be something such as Tai Chi or yoga, Sweat lodge, drumming, beading.

*Support/Group therapy sessions* can be a venue for problem solving and support.

*Sponsorship*- I feel if someone doesn't have one there is a problem..

*Follow the Four Directions of Mind, Spirit, Emotions and Health.*

*No Isolation*- Isolation is bad for recovery and cannot be maintained and is more of a abstinence behavior.

*Booster shot sessions* are provided by some rehabs, groups and/or AODA counselors..

# Self-Sabotage

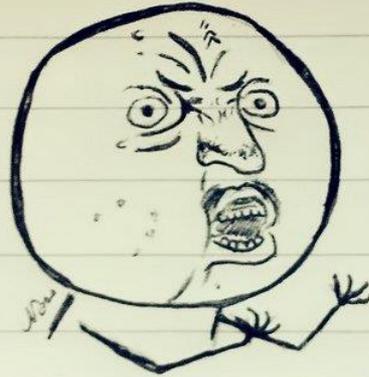
Behavior is said to be self-sabotaging when it creates problems and interferes with long-standing goals



# Self-Sabotage

## Procrastination

**PROCRASTINATION**



**Y U NO LEAVE ME  
ALONE**

# Self-Sabotage

## Low Self Esteem

Anxiety over failure and change

Fearing that if you fail or succeed others will think less of you.

Doubting yourself

Feeling stressed and anxious,  
feeling feelings



# Self-Sabotage

I WANT LION



# Self-Sabotage

Have clients list or come up with goals

Find areas where clients are procrastinating or putting off making a decision. Set a deadline and assist them through structure to make the goal. Start out small

Examine why they have a lack of motivation

# Not working on or getting help for relationship problems



# For More Information . . .

TLPI believes in providing resources free of charge, or at minimal cost, whenever possible.

**Visit [www.WellnessCourts.org](http://www.WellnessCourts.org)**

or

contact:

[wellness@tlpi.org](mailto:wellness@tlpi.org)