



Avoiding/Coping with Relapse

Answer the following questions about relapse as you think of it now. The questions are designed to serve as a basis for discussion. See if the discussion changes your mind about any of these issues.

1. Does relapse to alcohol or other drug use indicate that a person is failing in treatment?
Yes _____ No _____
2. Is there a difference between a relapse and substance use that never actually stopped?
Yes _____ No _____
3. Should a family member know exactly what his or her reaction to a relapse will be before it happens?
Yes _____ No _____
4. Is the addicted person the only one in the family who is in a recovery process, and is he or she the only person who can relapse?
Yes _____ No _____
5. Do relapses serve as warning signs indicating the need for a change in a person's treatment plan?
Yes _____ No _____
6. Should a dream in which someone uses be viewed as a relapse?
Yes _____ No _____
7. Does relapse mean the family member needs to spend more time with the addicted person and less time on himself or herself?
Yes _____ No _____

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8. Does relapse happen very suddenly and unpredictably?

Yes _____ No _____

9. Is relapsing always characterized by the use of alcohol or other drugs?

Yes _____ No _____

10. Can relapse destroy the reestablishment of trust in a relationship?

Yes _____ No _____

11. Is using alcohol or other drugs for very special occasions considered a relapse?

Yes _____ No _____

12. Should a person in recovery be able to be in any situation without difficulty if he or she really wants to stay sober?

Yes _____ No _____

13. Have you changed your mind about any of the questions after hearing the discussion? Explain.

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