

Stabilizers & De-Stabilizers
Relapse Prevention Plan
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The most important aspect of relapse prevention is to be diligent in challenging any negative thoughts and emotions which could result in undesired outcomes or behavior. Equally critical is avoidance of any negative influences, as outlined below.

Situations to avoid that may activate past triggers:

PEOPLE	PLACES	THINGS
USERS OF DRUGS/ALCOHOL CRIMINALS OLD ASSOCIATES CHARISMATIC LEADERS	BARS & CLUBS HOUSE PARTIES CASINOS CULTS/COMMUNES	DRUGS/ALCOHOL WEAPONS NEGATIVE INFLUENCES ILLEGAL ACTIVITIES

PAST - Character defects that influenced my negative choices and decisions were prideful thoughts, lustful desires, fear of failure and rejection, resentment of parents (blaming), laziness, and feelings of guilt and shame, which led to my substance abuse and pent-up anger as a disobedient son.

PRESENT - I am committed to surrounding myself with positive influences and dedicated to a successful life upon parole, throughout which time I will adhere to each of the guidelines set before me and work diligently and cooperatively with my parole agent.

Keys to a successful recovery:

PEOPLE	PLACES	THINGS
PAROLE AGENT SPONSOR/PASTOR CLEAN & SOBER FRIENDS FAMILY	TWELVE STEP MEETINGS HOME CHURCH TRANSITIONAL HOME HOMES OF FAMILY MEMBERS	THE TWELVE STEPS POSITIVE SELF-TALK PRAYER & MEDITATION STRETCHING & WALKING

Character traits that influence my positive decisions today are a sense of God's power, love, forgiveness and acceptance, which have led to a life of patience, confidence, peace, contentment and compassion for others.

Warning signs that I am near relapse:

1. RESPONSIBILITIES: I begin to neglect my commitments, avoid them, or make excuses.
2. RELATIONSHIPS: I begin to break promises, damage relationships, avoid decent people, and seek out irresponsible people who would represent an unhealthy influence.
3. SPIRITUALITY: My application of spiritual principles starts to diminish.

Maintenance, Prayer and Ministry

The key to a successful parole is found in the Twelve Steps, specifically steps 10, 11 and 12. I am diligent to perform my daily inventory, admitting my wrongs in thought and action and remaining in constant fellowship with God, so that I may know His will and be empowered to bring spiritual awakening to others. I am committed to practicing the Twelve Steps.

Primarily, I am no longer passive, but cast off all imaginations which can trigger harmful results to myself and others. As one who is assertive, I bring every thought into the obedience of God's Word. I am committed to soundness of mind, will and emotions, so that my actions represent maturity through God's grace. My strong faith in God brings empowerment to do that which I cannot do in myself, that is, to shun those things which bring instability and to celebrate those that bring stability.

Stabilizers:

God's Love and Acceptance
Christian Discipleship Program
Live-In Residence
Utilization of Pastor/Sponsor
Eliminate Hurry
Spend Time with Children
Spirituality: Prayer & Worship
Maintain Parole Conditions
Reading/Writing/Journaling
Positive Self-talk

Daily Morning Devotion
Twelve Step Meetings
Communication with Parole Officer
Effective Financial Budget
Know My Triggers
Boundaries with Self & Others
Community Service
Learn to Say "No"
Using My Sober Call List
Practicing Rigorous Honesty

De-Stabilizers (Triggers):

Intoxicating Substances
Lack of Communication with Support
Stress/Exhaustion/ Anxiety
Repressing Feelings/Resentments
Hurt/Frustration/Insecurity
Undiscerned Emotions/Fear
Hungry, Angry, Lonely and Tired

Negative Influences
Loss of Job/Residence
Isolation
Fear of Failure/Judgment
Loss of Finances
Too Many Expectations
Negative Self Talk

Relapse Prevention/Coping Skills:

Twelve Step Meetings 90 x 90
Don't Take Things Personal
Impeccable Word
Don't Assume
Always Do My Best
Mind My Own Business
Rational Self Analysis
Communion Service at Church
Service to Others
Know Local Resources

Contact with Sponsor
Let Go, Let God
Remain Built Up in Faith
Pray Sincerely in Faith
Forgive All Offenses
Be Swift to Hear
Be Slow to Speak
Be Slow to Wrath
Laugh More, Don't Be So Serious
Exercise: Walking and Stretching

Relax, Stay Balanced
Don't Try to Do Everything

Get Plenty of Sleep and Rest
Eat Healthy and Stay Groomed

Specific Coping Skills:

- Substances - For instance, ascertain beforehand if drugs or alcohol would be present at a wedding. Consider attending the ceremony, but not the reception.
- Stressful Situation - Do something before the event, such as prayer and meditation, and afterwards, such as calling my sponsor to let him know how it went.
- Future-Robbing Thoughts - Do self-care by casting down lying thoughts and affirming myself in God's love and acceptance.
- Selfishness/Isolation - Get out and be of service to others. "Service keeps you sober." Pray for a continuing desire to give back at 12 Step meetings, church and volunteer organizations.
- Avoiding Parole Agent - Call my parole agent, reminding myself of my most basic obligation in free society. Share with him my difficulties and triumphs.

MAKING AMENDS IS AN IMPORTANT PART OF MY RECOVERY PROCESS. I WILL ALWAYS BE MINDFUL OF THE CRIME THAT I HAVE COMMITTED AND THAT IS WHAT KEEPS THINGS IN BALANCE FOR ME. MY AMENDS ARE ONGOING AND I AM COMMITTED TO LIVING AMENDS, WHILE LIVING DAILY FOR OTHERS.