



# RELAPSE PREVENTION

A PROGRAM FOR DEALING WITH LIFE  
NO MATTER WHAT

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Presented by Addiction Reality.

Change For Real. Forever.

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When you are ready  
To move toward  
what really matters,  
and leave behind  
everything else,

this program is for you..

Nothing can take you out  
when you understand  
your reasons why.



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# INTRODUCTION

This program is about dealing with life. A person that is working to break an addiction, but keeps relapsing back into old ways, is relying on their known and familiar strategy of using. That strategy is very powerful, because you condition yourself to know that regardless of what happens in life, you can use to feel better, or numb out, or sink into oblivion. Using is a reliable strategy, because it always delivers what it promises. The reality of addiction is that underneath the surface level of relief, or control, or excitement, or pleasure, the deeper levels of life are ignored, neglected, and wasting away.

Relapsing means that a recovering addict has not yet developed new strategies for dealing with life that are stronger than the old ways of addiction. It means that you have not found a better way to answer problems, and you have not found a good enough reason why you need to be sober and change your life. No one can tell you the “right” way to do things for your situation, your needs, and your life. You must do the work to discover your own answers, your own strategies, your own reasons why. This program is designed to help you find these answers.

**Relapse Prevention** is made to help you identify the gaps in your coping methods, and so it is necessary that you have already begun the work of recovering from addictions. You begin **healing** by accepting the reality of the damage you caused, by claiming responsibility for everything you broke, by apologizing for hurting others, forgiving others for hurting you, grieving for what you lost, identifying the reasons for using that are driving your addiction, and learning how to love yourself. Our program Into Reality covers such deeper work. You must also have a plan for **rebuilding** yourself, to restore connection to your Body, Mind, Heart, and Soul. We offer the Sobriety Action Plan for completing this kind of work.

Recovery is like setting your broken bones after an accident. Living in reality is learning how to walk again. **Relapse Prevention** is for understanding what trips you on the path, how to see it coming, and how to know whether to duck, jump, or charge through it, so that nothing can ever take you out again.

# PROGRAM SUMMARY

When you first begin to break an addiction, abstinence is vitally important for getting you enough time, clarity, and space to work on yourself. Even if you were chemically dependent and needed medical supervision to taper off, or dry out, you must give yourself some days to pause, catch your breath, and not use. As you move forward in sobriety, you learn that “not using” is not enough. Without understanding the underlying reasons that drive your using, you could be “white-knuckling it” and gripping onto sobriety by sheer willpower. Or you could stop one type of addictive behaviour, like drinking or drugs, and substitute your using by transferring to another type of addictive behaviour like pornography or social media. In this program you will learn how to weaken the old patterns and automatic behaviours of addiction, not by avoiding or replacing them, but rather by seeing them, facing them, and dealing with them.

The two central questions in this program are:

- 1. What are you leaving behind?**
- 2. What are you moving toward?**

“Leaving Behind” does not suggest that you avoid and ignore. The exercises for “Leaving Behind” will teach you how to name the people, places, and things that are part of the old ways of addiction, the reasons why they cannot come with you now, why this matters, and how to deal with them when they arise. With abstinence, you can get some distance from your addiction. With **healing** and **rebuilding**, you can learn how to resolve the old ways and the old problems, instead of white-knuckling and substituting.

**Relapse Prevention** gives you the power to face, and then nullify, a craving that comes up unexpectedly, months later, or even years later. **Relapse Prevention** helps you find the courage to say that no matter how much life problems add up, deteriorate, or spiral out of control, you will find a way to face them with a better strategy than using.

“Moving Toward” is for getting clear on the people, places, and things that truly matter, why they are more important than anything else, and the actions you are taking to get closer to them, one little bit at a time. This calls up your mindset for true sobriety, where using becomes irrelevant. This is where you have the ability to answer any problem, and the old ways are so far away, so weak, and so unnecessary, that using no longer makes any sense. You will not worry about clean time, or counting days, because your gaze is fixed ahead, on who you are becoming, and how far you can really go.

In the answers that lie ahead, you may find that the same person, place, or thing, appears on your list for Leaving Behind, and also appears on your list for Moving Toward. This is completely normal, and is an indicator of your deeper, more evolutionary thinking. For example, the internet may be on both lists, as you might choose to leave behind certain websites that waste your time, while moving towards other websites that are learning-based. A person may be on both lists, as you seek to leave behind an old way of interacting, and move towards a better one.

**Relapse Prevention** begins with a basic review of addiction, and the tricks it plays in your mind. This program will then introduce the strategy for hearing the difference between the thoughts that drive your behaviour in addiction, and the thoughts that rise up from your true self. The exercises that follow will be the deep, focused work into finding your answers to these questions:

What are you leaving behind? What are you moving toward?

Let's begin.

# COMMUNICATION CUES

Learning how to communicate is the single most important skill for breaking addiction. This fact must be emphasized strongly, and often. As an addict, you have likely spent much of your life feeling isolated and disconnected from others. Perhaps you don't talk about your thoughts and feelings very much because you think that others do not care, or maybe you fear how they will respond. Now is the time for breaking old patterns and smashing through fear. Now is the time to learn how to speak up. By sharing with others what you are thinking, feeling, and doing, you invite them to join in your experience of life. Recovering addicts that learn how to connect with others, with the world, and with purpose have an excellent possibility of staying sober for the rest of their lives.

Addicts that attempt to recover in isolation, where they can easily walk away or give up, are doomed to fail. Those who learn how to speak up for themselves, for others, and with others, are the ones who change their lives. Speaking up means that you are owning it, you are accountable for what you say and do, and that you are choosing connection over being alone. This power is available to anyone, no matter who you are, or where you are starting. No matter what moment or what situation, anyone can choose to speak up or stay silent.

Know that in sobriety, in growth, or in personal transformation of any kind, there is no end point. There is no state to attain, or place to arrive at, where you finally turn around to reveal yourself and what you have become. The reality is that sobriety and change are happening in every moment of every day, in the path and the journey. Include others with you now, today, and go together, instead of waiting until you reach an imagined state where you finally give yourself permission to connect.

If you are new to feelings, to sharing, and to trust, taking any risks can seem impossible. Start now, with what you can. Start small, and build. The strength of your mind, heart, and soul are built in the same way you would strengthen your body. First walk, then walk / run, then run, then swim / run, then swim / bike / run. There will be many moments of opportunities to speak up or stay silent. The more you speak up, the stronger you get.

At several points in this program you will see Communication Cues, reminding you to share your work with others, invite them in, and re-connect.

You choose who to communicate with:

- a peer,
- your sponsor,
- your wife / husband,
- a trusted friend,
- parents / siblings,
- your spiritual advisor,
- your counsellor.

You choose what to communicate about:

- what you think,
- what you feel,
- what you are learning,
- what is different,
- what matters to you,
- what does not matter to you.

Every time you choose to speak up, you are changing, you are sober, and addiction is left behind, getting farther and farther away.

# WHAT IS ADDICTION?

Addiction is a chronic brain disorder. It is a complex condition that causes behavioural changes, cognitive changes, emotional changes, and physical changes. Addiction is characterized by compulsive seeking and using, despite adverse consequences.

Addiction can appear in many forms. The most common addictions can be sorted into these two categories.

1. **Chemical.** The ingesting of addictive substances, including alcohol, all drugs, and even junk food.
2. **Process.** The obsessive and/or compulsive participation in addictive behaviour, including gambling, shopping, sex, using pornography, masturbation, video gaming, and social media.

Addiction is the deception that your Chemical, or your Process, is the most important thing. The high you seek is held above your body, your relationships, your purpose in life, above everything. You seek, then use, then seek, and use, giving little energy to anything else, despite life falling apart around you.

Almost all your thoughts, behaviours, and feelings are sunk into your addiction, and you become severely disconnected from yourself, from others, and from the world. Your physical, mental, emotional, and spiritual health deteriorate.

Unless you stop it now, which is in your power to do.

Different people have different preferences for what they use, but the various forms of using have a similar intended result, which is to produce pleasure or relief. The Chemicals and Processes become addictive because they deliver upon demand, and people can rely excessively on these different ways of producing pleasure or relief because they give an illusion of control.

A person may feel incompetent and want to exert their power. Or someone may be haunted by old emotional trauma and want to numb this pain. Or perhaps you have conditioned yourself to want and expect instant gratification. In examples such as these, people can rely so completely on either Chemicals or Processes that they are not able to stop themselves, no matter how awful their life is becoming.

It is common among addicts to struggle in life, to avoid facing the reality of their situations, and to build an elaborate web of rationalizations that explain everything as normal.

ADDICTION IS THE  
DECEPTION THAT YOUR  
CHEMICAL, OR YOUR  
PROCESS, IS THE WAY  
TO ANSWER SOME KIND  
OF PROBLEM.

# THE PLEASURE TRICK

Addiction is a terrible delusion because you deceive yourself into thinking that you can make yourself feel better by using.

When you have an uncomfortable feeling, or want to avoid feelings altogether, you can just use. This is known as *mood-altering*, and it is *false power* that only serves to build the delusion around you.

Addiction promises relief and pleasure and control, then *delivers*. The insidious trick behind this power is that it doesn't show you what it *costs*. All the feelings or situations or states that you are avoiding are still there, waiting, getting worse, and then exploding.

A key thing to learn about Chemicals and Processes is that the pleasure they deliver is artificial. The effects don't last very long, and when those spike moments of being high are gone, real life is still there. This makes all of these Chemicals and Processes very deceptive and dangerous, because we *think* they make us feel good. True pleasure, deep fulfillment, and lasting joy are not manufactured on demand. You must build yourself into higher states.

A very useful skill that you must now develop is telling the difference between your thoughts that use an Addict Voice, and the thoughts that use a Reality Voice. Both ways of speaking sound like *your* voice, yet they are saying very different things.

Addict Voice finds reasons to hide, avoid, distract, and use. It can be incessant, automatic, and involuntary. Reality Voice deals and copes with life as it is. Reality Voice is *true power*.

# ADDICT VOICE

Addict Voice functions in a very simple way — avoid pain, seek pleasure. The way it speaks is with a threat of pain, and a knowing that with enough fear and pain blitzing your thoughts, you will eventually seek pleasure and relief by whatever means that you can.

## ADDICT VOICE

This is too much.  
I can't do this.  
No one cares, so why should I?  
I don't have a problem.  
**AND SO I NEED TO GET HIGH.**

Notice the tone of fear. This way of speaking is focused on what you don't have, cannot do, have not become — and never will. By speaking this way, the list of reasons to use is endless and bottomless.

Speaking with this voice is the method for building Distortion, Delusion, and Denial into your experience of life. The more you speak with this voice, the larger, deeper, and more entrenched these structures of fear become. Walking into reality means that you must break these structures down.

The challenge with cracking through Distortion, Delusion, and Denial is that some of these belief systems may have been true at some point in your life. These things started somewhere, perhaps early in your life, as old seeds. And in some way, these beliefs served you or protected you. Now they no longer serve you. Today, you have more information, more experience, more help. Today those old seeds may be holding you back from experiencing life in a healthy, mature, exciting way. Today we can shine a light into some dark places and see what is really there.

# REALITY VOICE

Reality Voice is a skill that anyone can build. It seeks clarity, to see things as they really are. It wants complete truth, rather than *aspects* of the truth. It is accepting, and understands that other people and situations are beyond its ability to control.

## REALITY VOICE

This is not the end of the world.  
 I can get help with this.  
 I have been neglecting that.  
 I am not on the right track.  
**AND I CAN DEAL WITH THIS.**

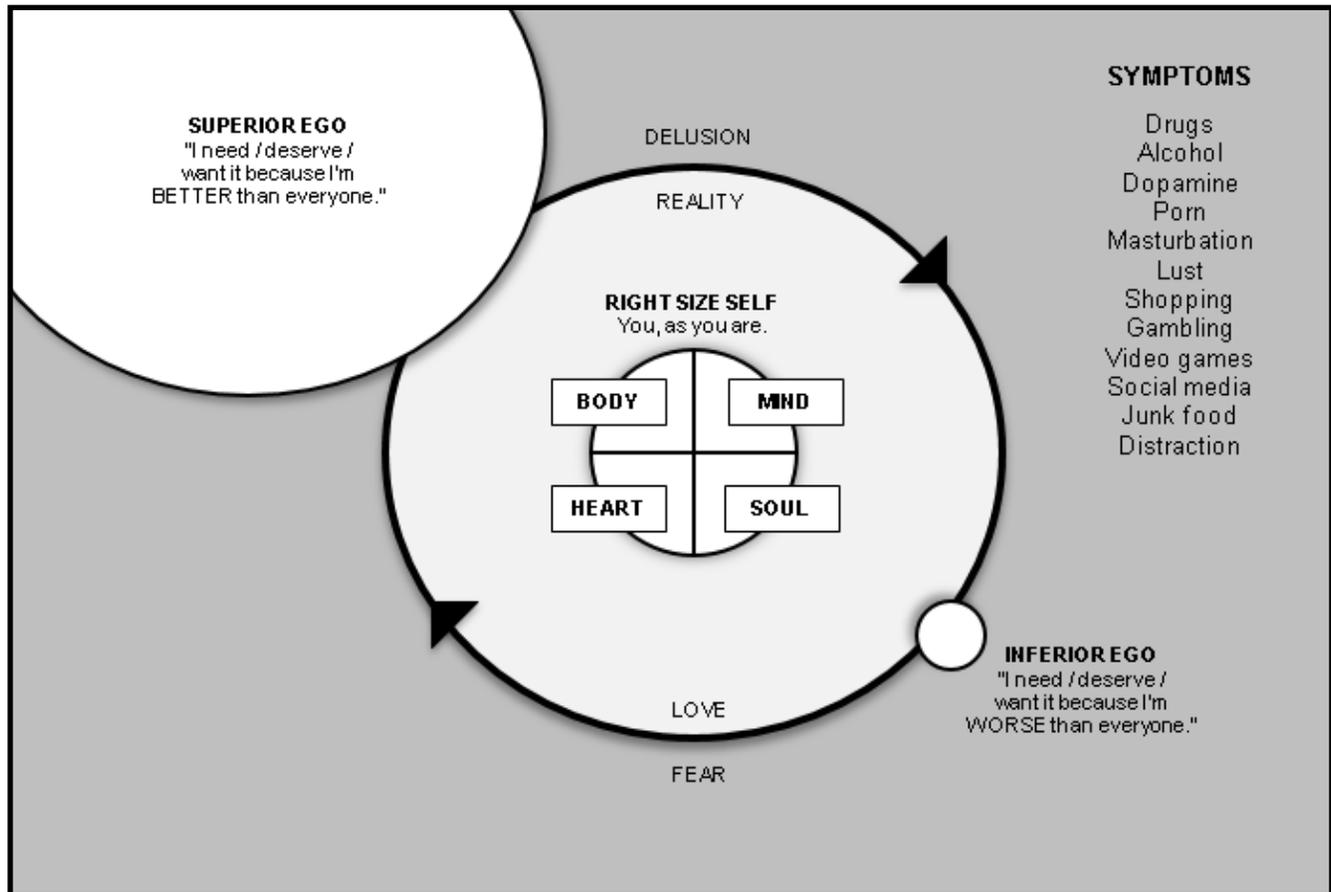
Notice the tone of love. In this voice can be found patience, compassion, understanding, and hope. This is a matured and evolved way of being, and requires practice to develop.

Reality Voice is important for many reasons. This is the voice that will crack through Distortion, Delusion, and Denial. This is the voice that has courage and takes action. And as your old ways become weakened, this is the voice that builds new ways and keeps you from slipping backwards.

Think of Addict Voice as a frightened, distressed child. It is reacting to situations that it does not fully understand. Reality Voice would not handle a frightened child by arguing, negating, or avoiding. Reality Voice would *help* a frightened child — by hearing, validating, comforting. It would *listen* to the fears without *giving in* to the fears.

The exercises in this program are designed to help you practice and develop your Reality Voice. Remember that mastering any skill takes effort, commitment, and patience. At first, hearing the difference between Addict Voice and Reality Voice may be difficult, but in time, it becomes very easy.

# THE PATH OF ADDICTION



The Path of Addiction goes around and around forever. Different symptoms appear at different times, in different ways. Delusion is a constant state. Decisions and actions are always based on fear. The Addict Voice is driving you.

You might cycle back and forth between superior to inferior, or you might live completely as one or the other. They both exist in the realm of fear and delusion. They are both fragile and cannot cope with the ups and downs of life.

Note how fear and love are opposites, and cannot exist in the same moment, in the same way that delusion and reality cannot either. Also, when you are walking the Path of Reality, your various aspects of Body, Mind, Heart, and Soul, are well-defined and in proper balance.

# THE PATH OF REALITY

The Path of Reality is a mindset, a way of being, and a plan of action. You can view yourself, others, and life as they are, not as you wish them to be. You can name things and ask questions to seek a fuller picture of *the truth*, instead of focusing on smaller aspects that may or may not be true. You can direct love inward upon yourself, and outward onto others, and use it like invisible power that heals pain.

You can make specific, measurable actions that turn these ideas into reality. And in this way, you are building yourself with every moment, every breath, and every step that you take.

The future is not certain. No one knows what will happen next. Today you can do whatever is necessary to build stability, and keep steady both when life is easy and when it is tough.

## ADDICT VOICE

My life is a mess. I will never be happy.  
I must avoid pain at any cost.  
**AND SO I NEED TO GET HIGH.**

## REALITY VOICE

I can face pain.  
This too shall pass.  
**AND I CAN DEAL WITH THIS.**

Remember that life has peaks, pits, and lots of moments in between. You can find meaning, significance, and learning in *any moment* that you look for them, not just the highs and lows. When you don't look for them, there is no meaning, significance, or learning to anything.

# LEAVING BEHIND

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# LEAVING BEHIND

There is no great mystery to why it is necessary to ask yourself what you are leaving behind. The old ways, behaviours, and patterns of addiction must be weakened, not by running away from them, but rather by resolving them. The exercises in this section are highly focused, ultra specific questions to pinpoint any gaps in your sobriety, and to find the answers that you need to close them.

Asking yourself what you must leave behind in order to grow up, or move on, or change, is a difficult question. Some things that must be left behind may have been a major part of your life or your identity at some point. In some cases, you will leave behind aspects of a thing, and keep the rest. In other cases, you will leave behind the thing entirely. These exercises will assist you in giving yourself a reality check.

This section has three exercises — People, Places, Things. Each exercise can be completed with the Leaving Behind worksheet found in the Worksheets section at the end of this document. Print as many copies as you require to complete exercises for multiple People, Places, and Things.

Terms are defined as follows:

- **Name** — the Person, Place, or Thing (or the problematic aspect of these) that must be left behind.
- **Reason Why** — the primary reason why the Person, Place, or Thing is a source of difficulty or pain.
- **State or Feeling** — the ways that you feel when you are experiencing the difficulty or pain of the Person, Place, or Thing.
- **Thoughts That Run** — these are the words and thoughts that run in your mind to describe or explain your states, feelings, and experiences with the Person, Place, or Thing.
- **Nullifier** — the set of words or thoughts that you can activate which allow you to let go, move past, or cancel out an unwelcome state from experiencing the Person, Place, or Thing.

## EXERCISE: The People

Name the Person (or their aspect) that you are leaving behind, and the primary reason why. Write down the States or Feelings that you experience from this reason. Write down the Thoughts That Run through your mind while in these states. And finally, name the Nullifier. Use a worksheet from the Worksheets section.

### Example

Name: Mom

Reason Why: Every time we speak, we disagree, argue, and fight, and this is a  
constant source of stress.

State or Feeling: Frustration, rage, inadequacy, hurt.

Thoughts that Run: Nothing I do is ever right, or good enough. She is so hateful and  
negative.

Nullifier: She actually knows very little about me, and about life in general. She  
is afraid of everything and highly insecure. Her behaviour is a reflection  
of her fear, and is not about me at all.

# COMMUNICATION CUE

Speak up and share your work. Call a peer or a sponsor that understands what it takes to break addiction, and tell them what you are learning about yourself. Choose a friend or family member that you would like to build connection with, and take a risk by sharing part of your story. See what happens when you trust them with your private thoughts and feelings. If you are in a marriage or relationship, your partner deserves to have the deepest connection of all. Show them who you are.

**EXERCISE: The Places**

Name the Place (or its aspect) that you are leaving behind, and the primary reason why. Write down the States or Feelings that you experience from this reason. Write down the Thoughts That Run through your mind while in these states. And finally, name the Nullifier. Use a worksheet from the Worksheets section.

Example

Name: Friend's house

Reason Why: This was a place to go for using, and nothing else. There will be enormous pressure on me to join in, if I set foot into this house.

State or Feeling: Depressed, bored, numb, accepted.

Thoughts that Run: Things shouldn't be this way. I don't really like these people, this is getting boring, and my life sucks.

Nullifier: There are many places I can go, and many groups that I can join, that will support my decision to change and improve myself. Some friends may not understand, but I'm doing what I need to do.

# COMMUNICATION CUE

Take an opportunity to connect with someone and speak about the work you have done. There is no need to wait for someone to call you and ask how things are going. Call a peer in recovery, or a friend that does not know anything about addiction. Call a sibling, or a parent. If this is new for you, know that texting can be brave, but speaking out loud is even bolder.

## EXERCISE: The Things

Name the Thing (or its aspect) that you are leaving behind, and the primary reason why. Write down the States or Feelings that you experience from this reason. Write down the Thoughts That Run through your mind while in these states. And finally, name the Nullifier. Use a worksheet from the Worksheets section.

### Example

Name: Internet

Reason Why: I am wasting hours and hours of my life using pornography, and it is  
damaging my relationships, as well as my views of women and sex.

State or Feeling: Aroused, excited, inferior, inadequate, ashamed.

Thoughts that Run: I will never be that good looking. I will never have that. I will never  
experience that kind of thing. No one can ever find out what I do.

Nullifier: I have given over so much of my life and my time to using porn, and the  
only result is that I judge people based on the way they look. I would rather  
make an effort to connect with people based on who they are.

# COMMUNICATION CUE

Connection goes both ways. You must become the kind of person that speaks what you feel and what you think, but a great communicator is just as good at listening. Choose someone to connect with, and make sure that you do both. Speak the truth that is within you. Ask them to share their own.

# LEAVING BEHIND CLOSING

Each answer that you have found is important. In the final exercise of this program, you will list every answer into a Relapse Prevention Chart. You will notice that the columns are organized in a specific way to highlight the particular importance of each answer.

- **State or Feeling:** These are your Triggers, and these are the actual reasons that are causing you to relapse. These are the most serious issues in your life that need resolving. They are not tied specifically to any Person, Place, or Thing, and can appear in your life in more than one way.
- **Nullifier:** This is how you face your Triggers and deal with them.
- **Thoughts That Run:** This is your Addict Voice. For virtually any single thing that Addict Voice says, the next thing could easily be, “Screw it, I’m getting high.” Learning to hear Addict Voice when it is running through your head is an extremely useful way of recognizing that you are struggling with pain of some kind.
- **Reason Why:** These are the explanations for why your Triggers are causing you problems, and contain within them a hint of the solution for resolving them. If something is bringing pain into your life, you need to find a way to address, learn from, and release that pain.
- **Name:** These are the most obvious ways that your Triggers are appearing in your life, and the easiest way to practice nullifying them. The more practice that you have, the better you get, and the easier it becomes to nullify the same Trigger when it appears in a different way.

# MOVING TOWARD

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# MOVING TOWARD

Understanding what must be left behind in your life is an important part of breaking addictions, but it is not enough. You must replace old, strong habits with new, stronger habits. You must find ways to answer questions and solve problems that work tremendously better than the strategy of using.

You must be very clear about the People, Places, and Things that you are moving toward, and know how you will build in those directions every day. If all you do is leave behind, and don't move toward, you can easily snap back into the old ways, patterns, and behaviours. The ways of addiction are known, familiar, and entrenched within you as reliable and normal responses to life. Remember the Pleasure Trick and the Addict Voice. You can break the hold of addiction when you have awareness of the deceit, and have a new way, a stronger voice, and a clear reason why.

This section has three exercises — People, Places, Things. Each exercise can be completed with the Moving Toward worksheet found in the Worksheets section at the end of this document. Print as many copies as you require to complete exercises for multiple People, Places, and Things.

Terms are defined as follows:

- **Name** — the Person, Place, or Thing (or the aspect of these that you admire) that you must move toward.
- **Reason Why** — the primary reason why the Person, Place, or Thing is more important than anything.
- **State or Feeling** — the ways that you feel when you are experiencing the Person, Place, or Thing that you admire.
- **Thoughts That Run** — these are the words and thoughts that run in your mind to describe or explain your states, feelings, and experiences with the Person, Place, or Thing.
- **Action Step** — the specific and measurable action that you can take that will move you, even a little bit at a time, towards the states and experiences with the People, Places, and Things that you want in your life.

## EXERCISE: The People

Name the Person (or their aspect) that you are moving toward, and the primary reason why. Write down the States or Feelings that you want to experience from this reason. Write down the Thoughts That Run through your mind while in these states. If you don't know the states, feelings, or thoughts, then what do you imagine they should be like? Finally, name an Action Step that you can take in this direction. Even a small one. Use a worksheet from the Worksheets section.

### Example

Name: Mom

Reason Why: I am building my skill in showing kindness and respect to others, and she is giving me many moments and opportunities to practice.

State or Feeling: Understanding, patient, kindness.

Thoughts that Run: She is flawed, and limited, like anyone else, and is doing the best that she can.

Action Step: Treat her in the way that she wants to be treated, as someone who needs to feel heard and acknowledged. Her judgments are all about her, not me, and I am free to do as I please, without needing to defend myself to her.

# COMMUNICATION CUE

Call that person who truly matters to you, and tell them why. This information is so important that it must not be hidden in silence. Tell an acquaintance, or a co-worker, or someone else that does not know you very well. Tell your spiritual advisor, or your counsellor, or someone else that already knows everything. Say the words out loud, and name the person that you love. Tell them why they matter to you.

## EXERCISE: The Places

Name the Place (or its aspect) that you are moving toward, and the primary reason why. Write down the States or Feelings that you want to experience from this reason. Write down the Thoughts That Run through your mind while in these states. If you don't know the states, feelings, or thoughts, then what do you imagine they should be like? Finally, name an Action Step that you can take in this direction. Even a small one. Use a worksheet from the Worksheets section.

### Example

Name: Fitness class

Reason Why: I need to try this class that I have always been interested in, and at the same time, improve my health. And possibly meet new friends!

State or Feeling: Healthy, adventurous, accepted, belonging, gratitude.

Thoughts that Run: I respect and appreciate my body. My health is important and I am grateful for what I have. I can have friends that support me in this goal.

Action Step: Complete meal prep and household work on days off to free up my time to make it to class. My classes are on Mondays and Thursdays. Get in the car and go!

# COMMUNICATION CUE

Call someone to tell them what you are working on, and how you are spending your time. Invite another person to share your experience of life. Ask your partner to join you, and tell them what really matters now. Speak up and say where you must go, what you must do, and why. Your partner wants to know who you are, so do your friends, your siblings, your parents. There is no more hiding in the shadows. Stand up, speak up,. Be seen and be known.

## EXERCISE: The Things

Name the Thing (or its aspect) that you are moving toward, and the primary reason why. Write down the States or Feelings that you want to experience from this reason. Write down the Thoughts That Run through your mind while in these states. If you don't know the states, feelings, or thoughts, then what do you imagine they should be like? Finally, name an Action Step that you can take in this direction. Even a small one. Use a worksheet from the Worksheets section.

### Example

Name: Internet

Reason Why: I need to expand my knowledge and education with the enormous

amount of resources available online.

State or Feeling: Knowledge, awareness, understanding.

Thoughts that Run: An online course will take a lot of work, but I can do it, one little bit

at a time.

Action Step: Enroll in an online educational course that is building towards

Certification. Complete 30-60 minutes of reading or assignments

every day.

# COMMUNICATION CUE

Take a moment to talk to someone about what really matters to you. Ask about what matters to them. It takes a lot of courage for anyone to share their highest hopes and deepest fears. We need to feel trust in order to be comfortable sharing our most personal thoughts and feelings. Be the one that shows the way for others, for your family, your friends, or even people that you do not know, by doing it. If you feel inspired, then speak about why, and your words will inspire others.

# MOVING TOWARD CLOSING

Each answer from this section will be listed into your Relapse Prevention Chart as part of the final exercise. Note the particular importance of your answers.

- **State or Feeling:** These are your Values, and these are the ways that you want to experience life. In true sobriety, where using becomes irrelevant, you know how to experience these states by taking specific actions, and not by using.
- **IMPORTANT:** When you chart these answers in the final exercise, take note of the ways in which your Triggers disturb your Values.
- **Action Step:** These are the actions that you take for rebuilding yourself. There is no need to expect massive change all at once. With enough small actions built upon one another, you can look back over time and realize that your change has been massive. Track your activity and monitor progress to see the proof, and the true power, of taking action.
- **Thoughts That Run:** This is your Reality Voice, speaking up for who you really are. It is an excellent source of Nullifiers.
- **Reason Why:** The reason why you're moving toward this Person, Place, or Thing, is because this is more important than anything you ever found in addiction.
- **Name:** This Person, Place, or Thing is the appearance or representation of something important to your life.

# THE CHART



# FINAL EXERCISE

The Relapse Prevention Chart will consolidate every answer that you have found in this program into a single page. It is arranged to help you clearly understand the states or feelings that are your Triggers, and to clearly see how these disturb the states or feelings that are your Values. Every other detail on the Chart is an insight that will help you remember how to leave behind or move toward.

Getting very clear on what you are leaving behind lets you make peace with everything that has ever happened to you, not because you ignore, but rather because you resolve. This skill ensures that nothing from the past will have enough power to derail you into relapsing.

Getting very clear on what you are moving toward lets you know everything and everyone you love. There will be such great strength built into these connections to your People, your Places, your Things, nothing from the present or the future will have enough power to break you back into addiction.

It is time to make your Chart, and complete this program.

## **EXERCISE: Relapse Prevention Chart**

Use your answers from Leaving Behind and Moving Toward to complete the Relapse Prevention Chart. Refine each phrase into 1 - 4 words to keep it simple, easy to remember, and to fit in the space provided.

The Chart is designed to fit on a single page so that you can remove it from the workbook, and post it somewhere easily visible, or carry it with you. Everything that matters right now is on a single page. Extra worksheets are provided in the Worksheets section.

# LEAVING BEHIND

	State or Feeling	Nullifier	Thoughts That Run	Reason Why	Name
People					
Places					
Things					
	<i>Trigger</i>	<i>How to Deal</i>	<i>Addict Voice</i>	<i>Holding Me Back</i>	<i>Trigger Appears As...</i>

# MOVING TOWARD

	State or Feeling	Action Step	Thoughts That Run	Reason Why	Name
People					
Places					
Things					
	<i>Value</i>	<i>Today. Now.</i>	<i>Reality Voice</i>	<i>More Important Than Anything</i>	<i>Value Appears As...</i>

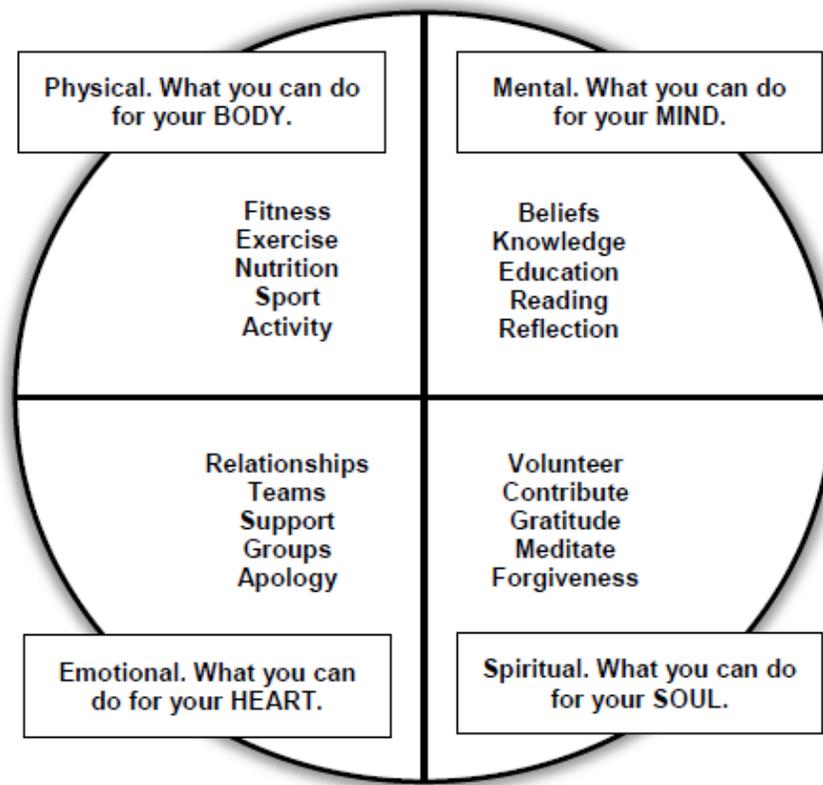


# LONG-TERM SUCCESS

Relapse Prevention is about finding ways to answer your problems that work better than the old strategy of using. Developing your skills for dealing with life helps you in every aspect of sobriety. You gain the power to resolve old struggles and heal your pain from the past. You enhance awareness of your triggers to deal with issues as they emerge in your present, in the daily life of rebuilding. You walk in deeper confidence knowing that no matter what comes up in the future, you have everything you need to handle it.

The Addict Voice may come back and whisper to you, and it may also come back and scream at you. It will always seek to be heard, because it will always be afraid. Remember that you can acknowledge the fear without giving in to the fear. You can move toward the People, Places, and Things that truly matter by building habits such as those listed below. The Addict Voice may complain and doubt, demanding to know if these are the right things, if you are doing enough, and if you're missing anything.

If you are building in these ways, it will be enough. You will be enough.



The true success of breaking addiction, becoming sober, and transforming yourself is not in living a life free of all problems. Life has both peaks and pits. There are some high moments, some low moments, and quite a lot of regular moments along the way. On the Path of Addiction, there is much clinging and grasping to the highs, and much avoiding and hiding from the lows. The Path of Reality is facing life as it is, and handling things as they come and go. Your true success is your ability to deal with life, no matter what.

And so, what is the End Game? You may be asking yourself where this path goes, and where it stops, once you begin. No one can say with certainty what the future holds for you, but if you put forth your effort into building today, you will meet what you build on your path tomorrow. You will break through the next limit before you. And if you keep building, you will break through the next limit, and then the next.

To know what the End Game will be, look at what you're doing today. Something that once seemed impossible for you will become a skill that you have mastered. When you take your action, and build your aspects, a little bit every day, you will break through limit after limit, forever.

The End Game does not happen some day. The End Game is today. The more you build, the better tomorrow gets.

Today is what matters. Today, you can build.

# A FINAL WORD

A spark is all you need to make a great fire of change.

If you look back to your state when you began this program, and where you are today, we hope that you have seen your inner fire unfurl into great power.

There are many different options for growth, healing, and recovery from addiction, and we are very honoured that you have chosen ours. We hope that our program has helped you to evolve, expand, and find peace.

Please feel free to connect with us on our website [www.addictionreality.com](http://www.addictionreality.com), or via email at [info@addictionreality.com](mailto:info@addictionreality.com). We would love to hear your story of growth, of change, and of any impact that you make from new found purpose.

You will never walk your path alone. Reach out for us, and you will know that we walk beside you.



# WORKSHEETS

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**ANSWERS: Leaving Behind. Person, Place, or Thing.**

Name:

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Reason Why:

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State or Feeling:

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Thoughts that Run:

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Nullifer:

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**ANSWERS: Moving Toward. Person, Place, or Thing.**

Name:

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Reason Why:

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State or Feeling:

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Thoughts that Run:

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Action Step:

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# LEAVING BEHIND

	State or Feeling	Nullifier	Thoughts That Run	Reason Why	Name
People					
Places					
Things					
	<i>Trigger</i>	<i>How to Deal</i>	<i>Addict Voice</i>	<i>Holding Me Back</i>	<i>Trigger Appears As...</i>

# MOVING TOWARD

	State or Feeling	Action Step	Thoughts That Run	Reason Why	Name
People					
Places					
Things					
	<i>Value</i>	<i>Today. Now.</i>	<i>Reality Voice</i>	<i>More Important Than Anything</i>	<i>Value Appears As...</i>

