

Table of Contents – Relapse Prevention

Preface	x
Welcome	1
• Important Points	
• A Beginning	
Module 1 The Wellness Blueprint	3
• Guidelines	
• Handouts:	Foundation Corners (shaded / plain)
	Complete Blueprint (shaded / plain)
	The Wellness Ladder
	Dual Diagnosis
	Blank
Module 2 Stuck in Quicksand	21
▪ Guidelines	
▪ Handout	
Module 3 Relapse Tug O’ War	31
▪ Guidelines	
▪ Handout	
Module 4 On Thin Ice	39
• Guidelines	
• Handout	
Module 5 Relapse Signals	45
• Guidelines	
• Handout	
Module 6 Stay Out of the Way	49
• Guidelines	
• Handouts:	Stay Out of The Way
	Get Off The Tracks

Module 7	Scales of Wellness.....	53
	<ul style="list-style-type: none"> • Guidelines • Handout 	
Module 8	Relapse Anchors.....	63
	<ul style="list-style-type: none"> • Guidelines • Handout 	
Module 9	Recovery Island.....	67
	<ul style="list-style-type: none"> • Guidelines • Handout 	
Module 10	A Chain Reaction.....	75
	<ul style="list-style-type: none"> • Guidelines • Handout 	
Module 11.	My Weekend Planner.....	87
	<ul style="list-style-type: none"> • Guidelines • Handouts: Saturday Sunday Daily 	
Module 12.	Grab Hold / Let Go.....	97
	<ul style="list-style-type: none"> • Guidelines • Handouts: Grab Hold Of Letting Go Of 	
Module 13.	Putting the Brakes On.....	105
	<ul style="list-style-type: none"> • Guidelines • Handouts: Putting the Brakes On.... Mapping Out Your Symptoms How Fast Am I going?! Slowing Things Down 	
Module 14.	Crossing the Tracks.....	111
	<ul style="list-style-type: none"> • Guidelines • Handout 	
Module 15.	Safety Structure.....	117
	<ul style="list-style-type: none"> • Guidelines • Handout 	

Module 16. H O W	125
• Guidelines	
• Handout	
 ADDENDUM	155
• Trigger List	
 Feedback Form / Mailing List	171