

“MY” POSSIBLE TEMPTATIONS:

(1)...

(2)...

(3)...

(4)...

(5)...

“MY” PREVENTION PLAN:

(1)...

(2)...

(3)...

(4)...

(5)...

PREVENTING A RELAPSE

Reserve a Daily Quiet Time

“Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak.”. Mark 14:38

Evaluate your Physical, Emotional and Spiritual Health

“Be honest in your estimate of yourself... hate what is wrong. Stand on the side of the good. Love each other... Be patient in trouble... Do things in such a way that everyone can see you are honest and clear through.” Romans 12:3-17

Listen to Jesus

“Test everything that is said to be sure it is true, and if it is, then except it. 1 Thessalonians 5:21

Alone and Quiet Time

“Be still and know that I am God.” Psalm 46:10

Plug into Gods Power Through Prayer

“Don’t worry about anything; instead, pray about everything; tell God your needs and don’t forget to thank him for his answers.” Philippians 4:6

Slow Down Long Enough to Hear God

“Listen to me. Keep silence and I will teach you wisdom!” Job 33:33

Enjoy your Growth

“Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you and your life in union with Christ Jesus.” 1 Thes. 5:16

PREDICTABLE PATTERN OF RELAPSE

Complacency: Recovery no longer priority

Confusion: Uncertainty-Doubt-Denial

Compromise: Say Yes when should have said No

Catastrophe: Relapse

TOP 5 AREAS OF POTENTIAL RELAPSE: PLAN FOR PREVENTION

There are many areas of recovery that we could highlight however these are the TOP 5 that many face in recovery. These suggestions are by CR Leaders who follow these suggestions themselves and have in turn been blessed with long sobriety in these areas.

ISOLATION

Stay connected! Go to CR Every Week!! Make attending meetings a priority! Call your Support Team regularly
Spend a few minutes each day (Step 10) reviewing day/feelings
Be diligent in your quiet time
Watch out for HALT mode (hungry angry lonely tired)
Start and/or continue SERVING!
Stay close to the Word and attend Church Weekly

OVER-EATING

Stop when you are full
Share temptations with a friend
Stay accountable and use the CR tools

Wear tight clothes

Enjoy sweet foods but take small portions

Listen to body signs: stop and realize where it is coming from

Call your sponsor and go to additional meetings

DO TOO MUCH

Start early in the day with a quiet time and worship

Say yes only to things where your spouse and you both agree

Time management

Schedule in "personal time" in advance

Moderation!

Set realistic goals

Stay for shorter periods of time at each function

DEPRESSION OVER FAMILY DYSFUNCTION/ LOSS/HOLIDAYS

Spend time with those I enjoy

Allow CR to be my family

Prayer-meditation-service

Attitude of gratitude

Change my focus

DRINKING AND GATHERINGS/EVENTS

Choose not to go to work parties

Get support from your spouse and/or others at events

Walk around with a soda

Take a recovery friend

Remember the pain of compulsion!

“MY” CR SUPPORT TEAM:

SPONSOR: _____

ACCOUNTABILITY PARTNER(S):

COMMITMENT TO MYSELF:

- I will attend CR at least 3 times a month
- I will ask others to be my sponsor and
accountability partners
- I will start or continue serving at CR and/or Church
- I will join and finish a CR Step Study
- I will have a Quiet Time with God at least 4x's/week

Sign: _____

RELAPSE: PREVENTION PLAN



WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

Central Church- Henderson Campus

1001 New Beginnings Drive

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