

TIPS FOR AVOIDING RELAPSE-WORKSHEET

It is very important to remember these tips and follow them whenever there is a need for one.

1. Play the tape through

At the time when you have an urge about using the substance, you imagine that this time you'll be able to control its usage. You'll simply take one sip or smoke only one cigarette. (be it any substance). But carefully, play the tape through. Think about the last time when you fell prey to the one last drink/Cigarette trap. Think about how one beverage leads to the other beverage. And how one day you will wake up disappointed at yourself.

2. Don't be alone, talk to others

Tell somebody that you're having the desires to utilize. Call a friend, a help, or somebody in recuperation. Share with them what you're experiencing. The best thing about sharing is that the moment you begin to discuss what you're thinking and feeling, your urges start to vanish.

3. Engage your mind

Whenever you think about using, do something which involves mental work. Call a companion. Go to any place that doesn't let you do drugs.

4. Give your urges the time to Fade Away

Most inclinations typically keep going for under 15 to 30 minutes. At the point when you feel the urge, it seems like an unfathomable length of time. However, if you can keep yourself occupied and do the things you should do, it'll rapidly be gone.

5. One day at a time

Try not to consider whether you can remain abstinent until the end of time. Don't tell yourself that you will never smoke, give yourself a break, and just take baby steps.

6. Physical Exercise

Walk daily for 30-40 minutes, start doing any physical activity or any sports