

MAINTAINING RECOVERY*

OBJECTIVES:

- 1) Keep their plans for remaining abstinence up-to-date
- 2) Consistently follow the plan they have established
- 3) Continue actively participating in self-help groups

MAIN POINTS:

- 1) Keep plans for remaining abstinence up-to-date, so that they include strategies found to be most effective, and so that they are modified in response to major life changes, such as changes in housing and employment.
- 2) Incorporating the following TIPS principles can enhance the effectiveness of your abstinence plans:
 - a. **T** ruth: Be honest with yourself. If you're feeling bored or angry, for example, admit it to yourself and contact supportive people with whom to discuss these feelings.
 - b. **I** nformation: Get all the facts about an upsetting situation. In doing so, you can collect accurate information and avoid the possibility of seeing the event in a distorted manner, which can lead to greater upset.
 - c. **P** riorities: Remember that your first priority is avoiding the use of drugs and to keep other goals simple. For example, if you are attending your first social gathering since becoming drug-free, setting your goals on refraining from drug and alcohol use, and, perhaps, meeting one person, is more realistic than attempting to be the "life of the party."
 - d. **S** upport: Use the social support systems you established.

List the critical elements to your plan of maintaining abstinence:

- 1) Example, Continue attending NA meetings

- 2) _____
- 3) _____
- 4) _____
- 5) _____

What obstacles may get in the way of sticking to this plan?

How would do modify your plan if any of these occurred?

*Adapted from Mercer et al. (1992). Group drug counseling manual. Unpublished manual, University of Pennsylvania.