

“ NOTHING Justifies a Relapse ”

ADDICTION RECOVERY



Cravings are a desire to experience the positive effects of alcohol, drugs, or any process addiction, possibly triggered by some bodily sensations or thoughts. A craving can be viewed as the impulse to satisfy the craving.

People in recovery from addiction can still get intense urges or cravings to use drugs, alcohol, or other substances. It's a normal and natural part of recovery. They can be uncomfortable and intense but rarely last longer than

ADDICTION RECOVERY ADVICE

“ Recovery is not only abstinence. It is healing, finding connection, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to receive help from others, daring to be honest and accept pain. ”



Fabi Platinetti
Psychotherapist
fplatinetti@gmail.com

Step towards wellness by giving yourself to get the help you need.



CAUTION

YOU CANNOT SOLID RECOVERY ON A SLIPPERY SURFACE

DANGER · DANGER · DANGER

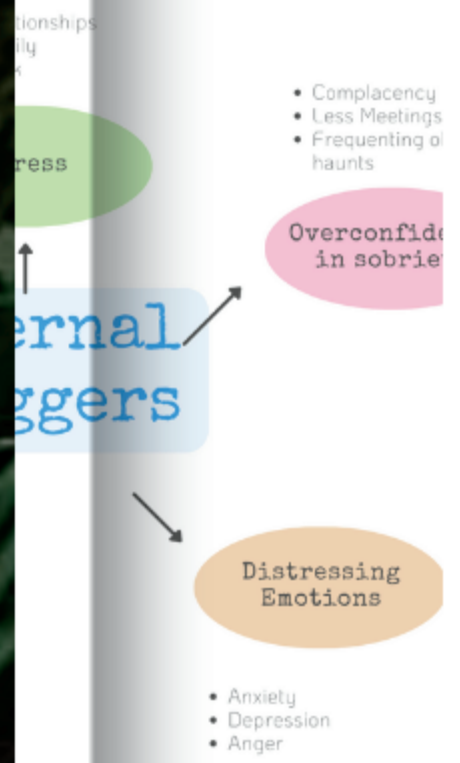
TRIGGERS

Embrace
SOBERHOUSE

relapse prevention workbook

EMBRACE THE CHANGE

Eugene Leonard



HOW TO CONTROL EMOTIONAL TRIGGERS

ECKHART TOLLE



AVOIDING YOUR TRIGGERS
HEALING HAPPENS WHEN YOU
AND YOU'RE ABLE TO MOVE ON
THE PATTERN, AND TAKE
YOUR WAY TO A DIFFERENT

“ Never give up giving up. Just because you didn't make it last time or the time before, doesn't mean you won't make it this time. ”

Doug Sutherland
Psychotherapist
dsutherland@embrace.org

“ Get up before your addiction gets up! ”

Simon Mott
Co-Founder Hope Rehab Thailand



We need to create a life worth living in recovery. Finding purpose and meaning combined with a healthy routine will be crucial in order to live a clean, sober, fulfilling and productive life.

Relapse is a gradual process that begins weeks and sometimes months before an individual picks up a drink or drug. There are three stages to relapse: emotional, mental, and physical. The common denominator of emotional relapse is poor self-care. If individuals do not practice sufficient self-care, eventually they will start to feel uncomfortable in their own skin and look for ways to escape, relax, or reward themselves.

The goal of treatment at Embrace Sober House in Chiang Mai is to help individuals recognize the early warning signs of relapse and develop coping skills to prevent relapse early when the chances of success are greatest. Post



Foreword by Henk Nagel



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The goal of treatment at Embrace Sober House in Chiang Mai is to help individuals recognize the early warning signs of relapse and develop coping skills to prevent relapse early, when the chances of success are greatest. Most relapses can be explained in terms of a few basic rules. Understanding these rules can help clients focus on what is important:

1. Change your life
2. Be completely honest
3. Ask for help
4. Practice self-care
5. Don't bend the rules.



**CHANGE
YOUR
HABITS**



**CHANGE
YOUR
LIFE**

***YESTERDAY I WAS CLEVER,
SO I WANTED TO CHANGE THE WORLD.***

***TODAY I AM WISE,
SO I AM CHANGING MYSELF.***

RUMI



"IT IS NEVER TOO LATE TO CHANGE
THE DIRECTION OF YOUR LIFE.

YOU DO NOT HAVE TO CONTINUE
ON THE SAME PATH."



Camino de Santiago
JOIN ALONG WITH HIKERS, DRAGS
AND A SMALL GROUP OF PEOPLE IN
ADDITION TO YOURSELF IN SEPTEMBER 2022
Buen Camino

**Join MrTheraPOD on the
Camino de Santiago in...**

On July 10th 2019 I slipped quietly
in to Hope Rehab Thailand in the
dead of night to finally deal with ...

mrtherapod.com

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TRIGGERS



***AVOIDING YOUR TRIGGERS ISN'T HEALING.
HEALING HAPPENS WHEN YOU'RE TRIGGERED
AND YOU'RE ABLE TO MOVE THROUGH THE
PAIN, THE PATTERN, AND THE STORY, AND
WALK YOUR WAY TO A DIFFERENT ENDING.***

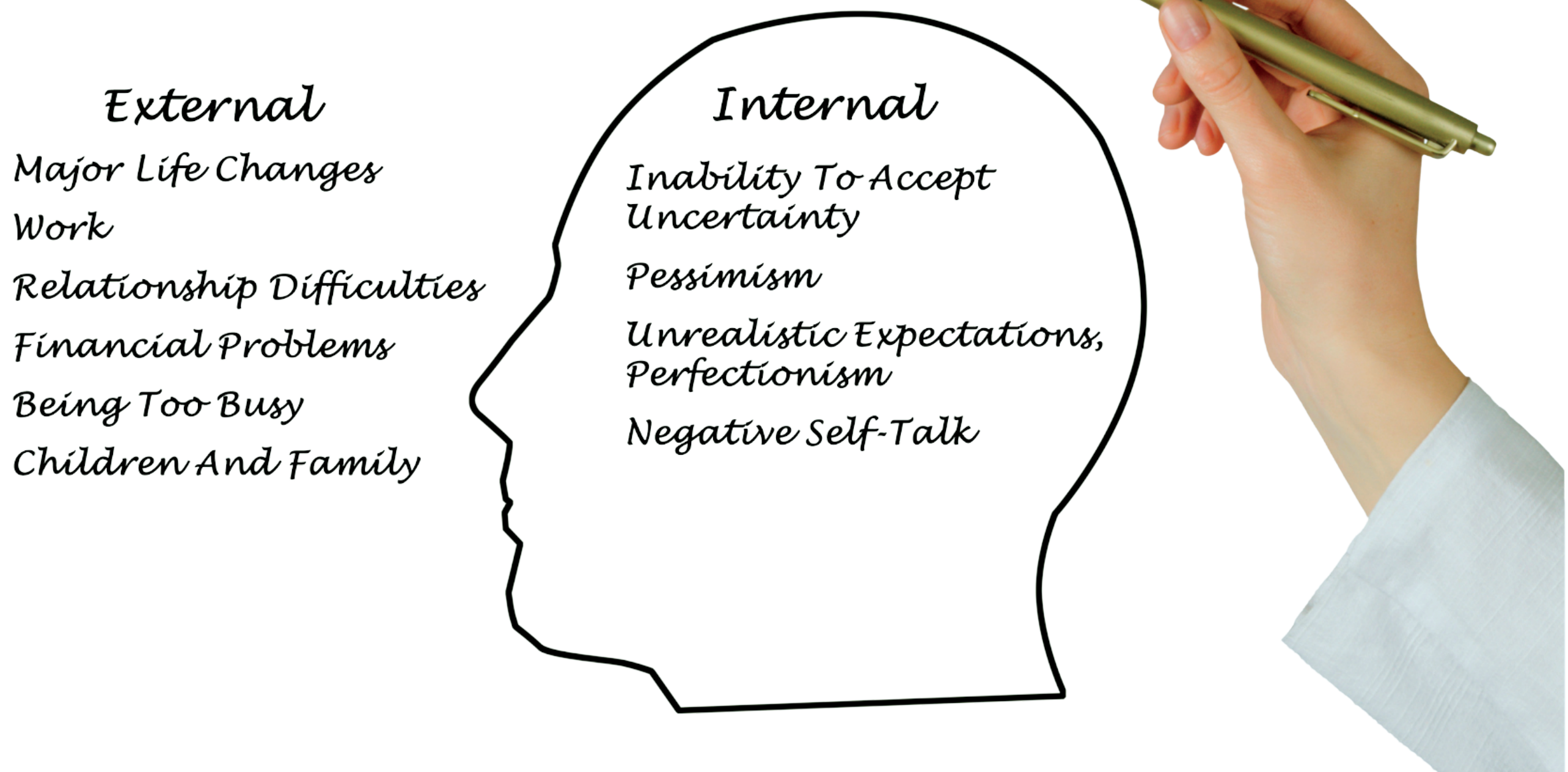
VIENNA PHARAON

WHAT IS A TRIGGER?

Identifying your triggers is an important part of your recovery. A trigger is any person, place, or event that surfaces the urge for someone to use in recovery.

Triggers often vary in severity from intrusive thoughts, to an overwhelming anxious need to escape. For any addict, the feeling of needing to escape from anything and everything often triggers the individual to act out on his/her addiction.

Causes or Triggers of Stress & Anxiety

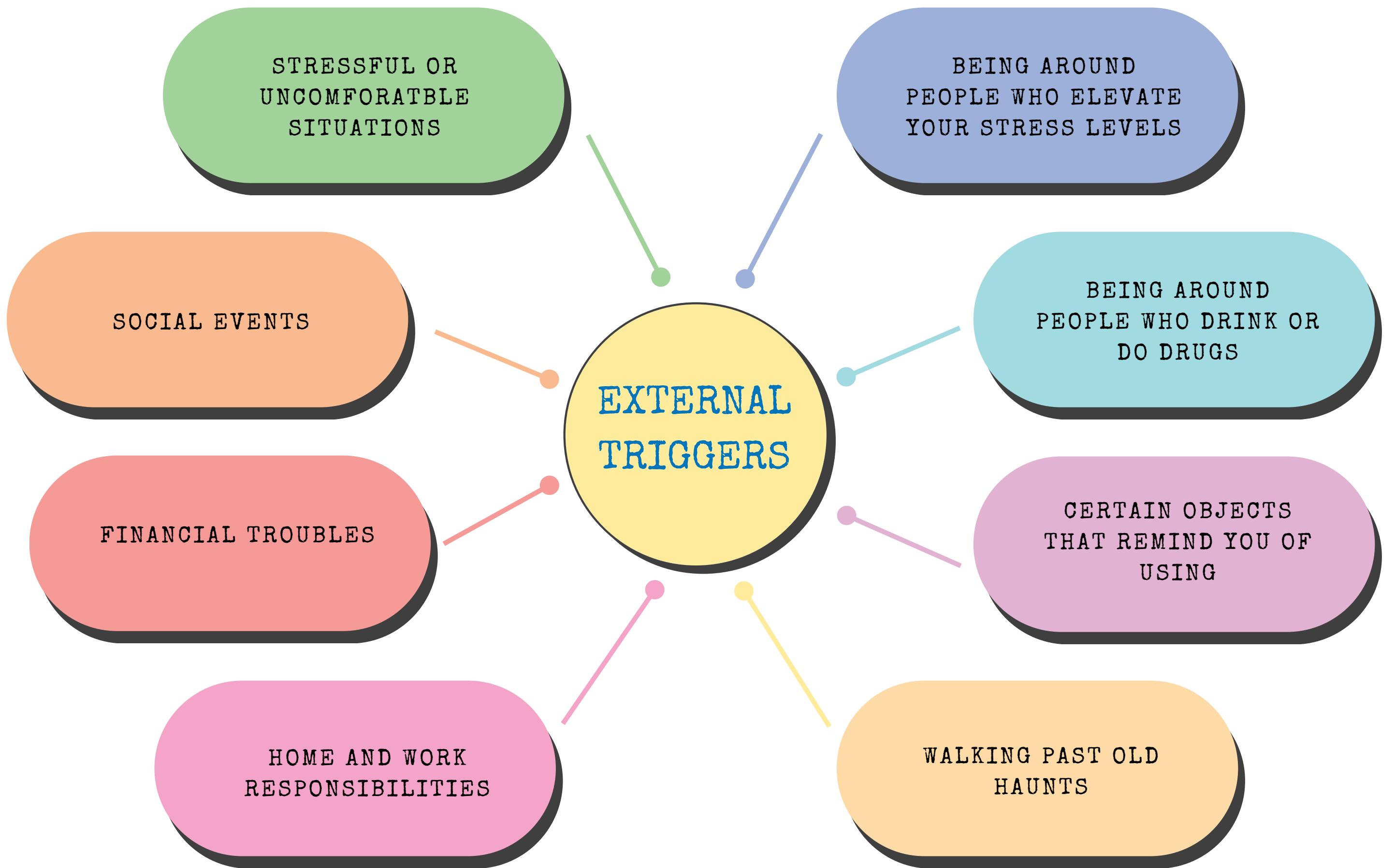


In regards to triggers in addiction recovery, there are internal and external triggers.

Internal triggers are thoughts and feelings that make you crave drugs or alcohol.

External triggers are environmental events and situations that make you want to use drugs or drink alcohol. These can be anything from certain social situations, responsibilities, and even specific places that trigger your desire to use again.





OVERCOME HOLIDAY TRIGGERS - TIPS & TOOLS for RECOVERY that WORKS with Ted Perkins

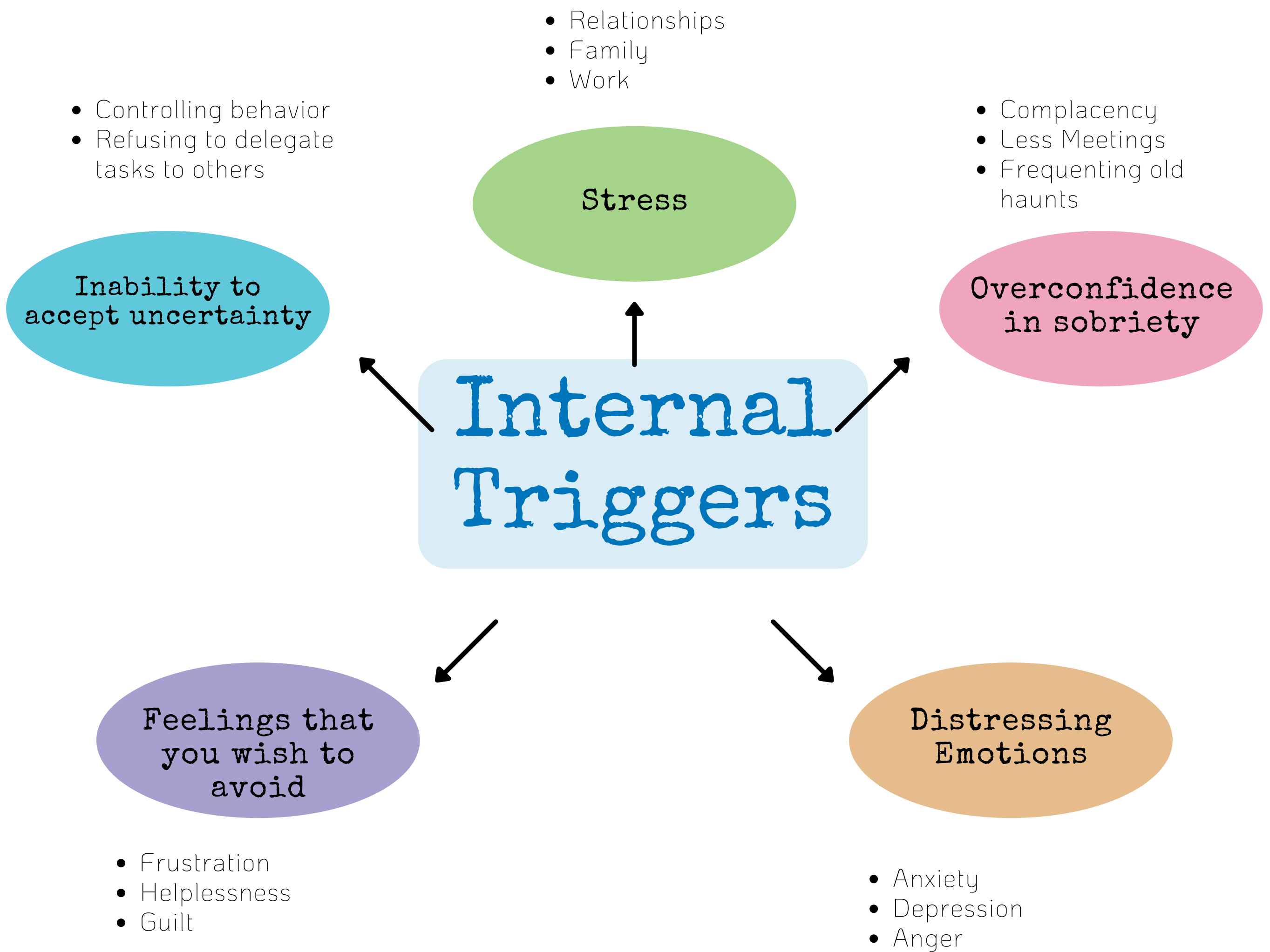
Share

TIPS & TOOLS for
RECOVERY THAT WORKS!

OVERCOME HOLIDAY
TRIGGERS

Watch on YouTube

Scan the QR Code to watch the video.



How Do I Keep From Being Triggered?

Share

HOW TO CONTROL EMOTIONAL TRIGGERS

ECKHART TOLLE

Watch on YouTube

Scan the QR Code to watch the video.

IDENTIFYING YOUR TRIGGERS

SMART Recovery Identifying your triggers

SMART Recovery
Life beyond addiction

Share

Identifying your triggers

Here are some examples of triggers.

Addictive Behaviour	Trigger Examples
Heroin	Seeing needles and drug paraphernalia
Sex	Provocative ads, perfume, certain hairstyles

Watch on YouTube

Scan the QR Code to watch the Smart Recovery Video.

Include key points in the notes sections below.

Key Points

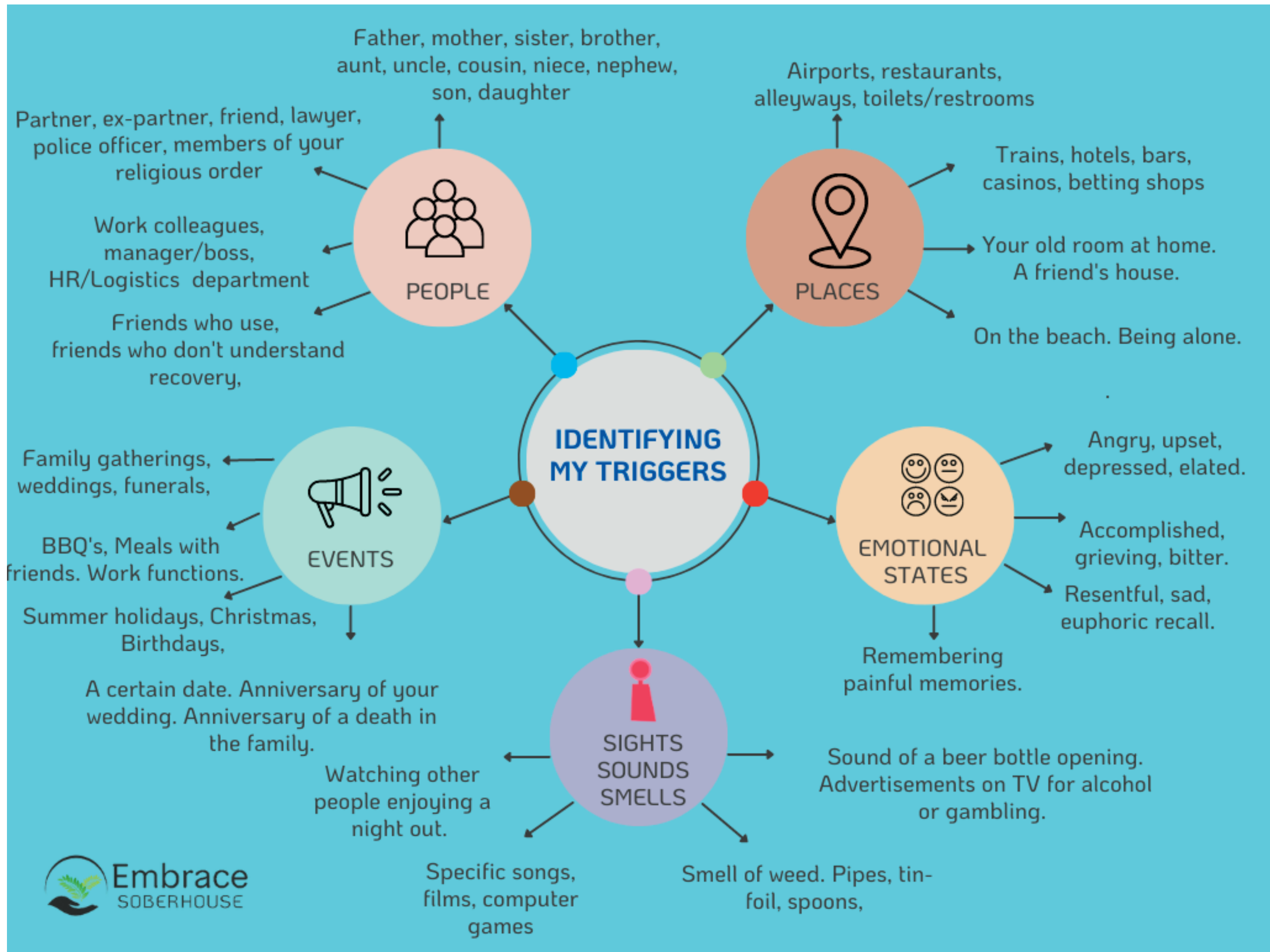
IDENTIFYING TRIGGERS

Addictive Behavior	Trigger Example
Heroin	Seeing needles, tin foil, drug paraphernalia, veins
Cocaine/Meth/Ice	White powder, pipes, scenes in movies, sex, glass tables/mirrors
Alcohol	Passing bars, off-licenses, sound of a can opening, evenings out
Gambling	Betting shops, online betting ads, watching sport
Marijuana	The smell of marijuana, rolling papers/rizla, pipes
Opiates	Physical pain, pharmacies

IDENTIFYING MY TRIGGERS

Addictive Behavior	Trigger Example

EXERCISE



- Underline each trigger that you identify with.
- Write them down in the box below.

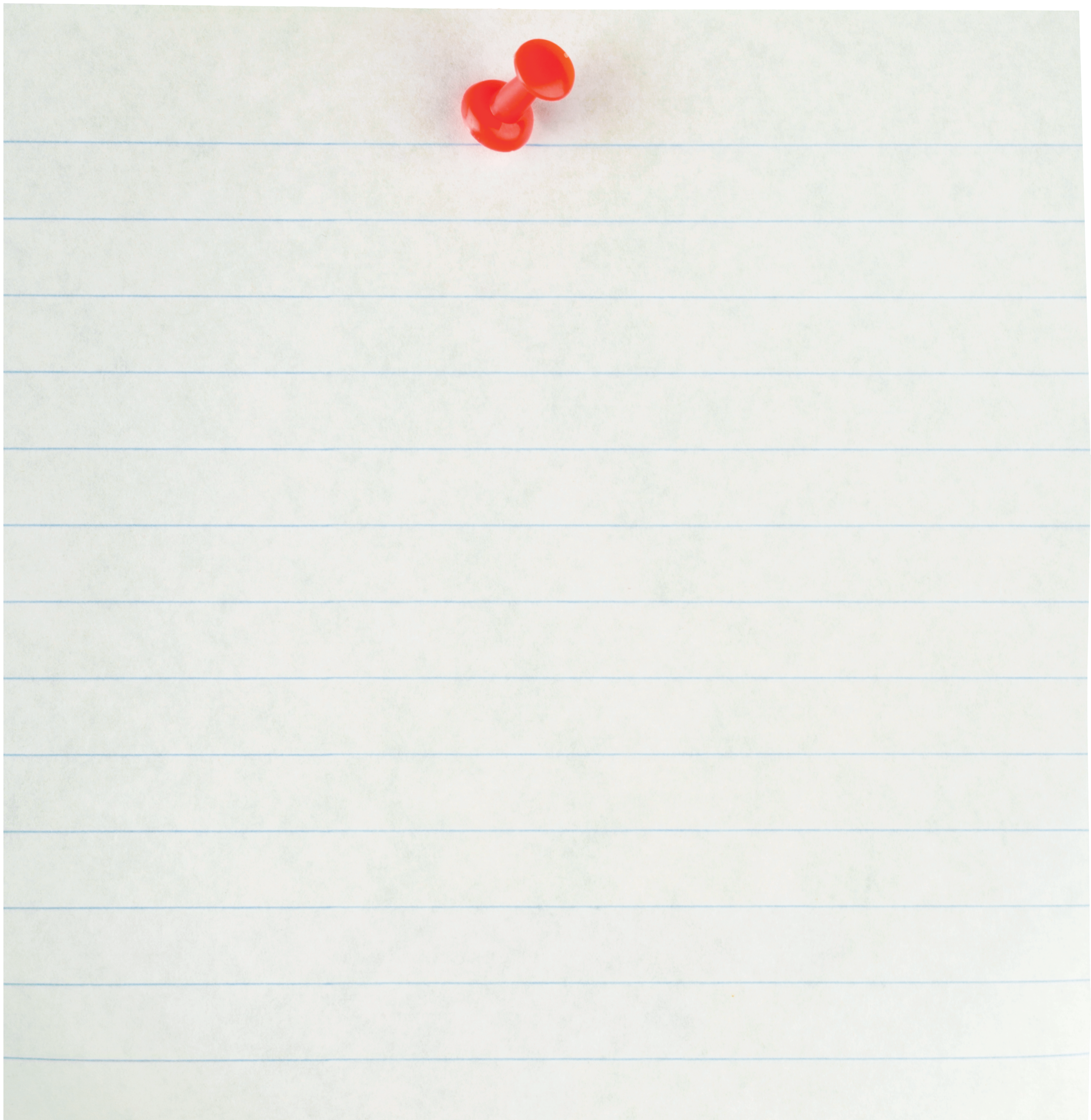
My Triggers

TRIGGERS WORKSHEET

It is very important to have coping strategies clearly worked out to know what to do when triggered. Taking ownership and responsibility of your recovery is key.

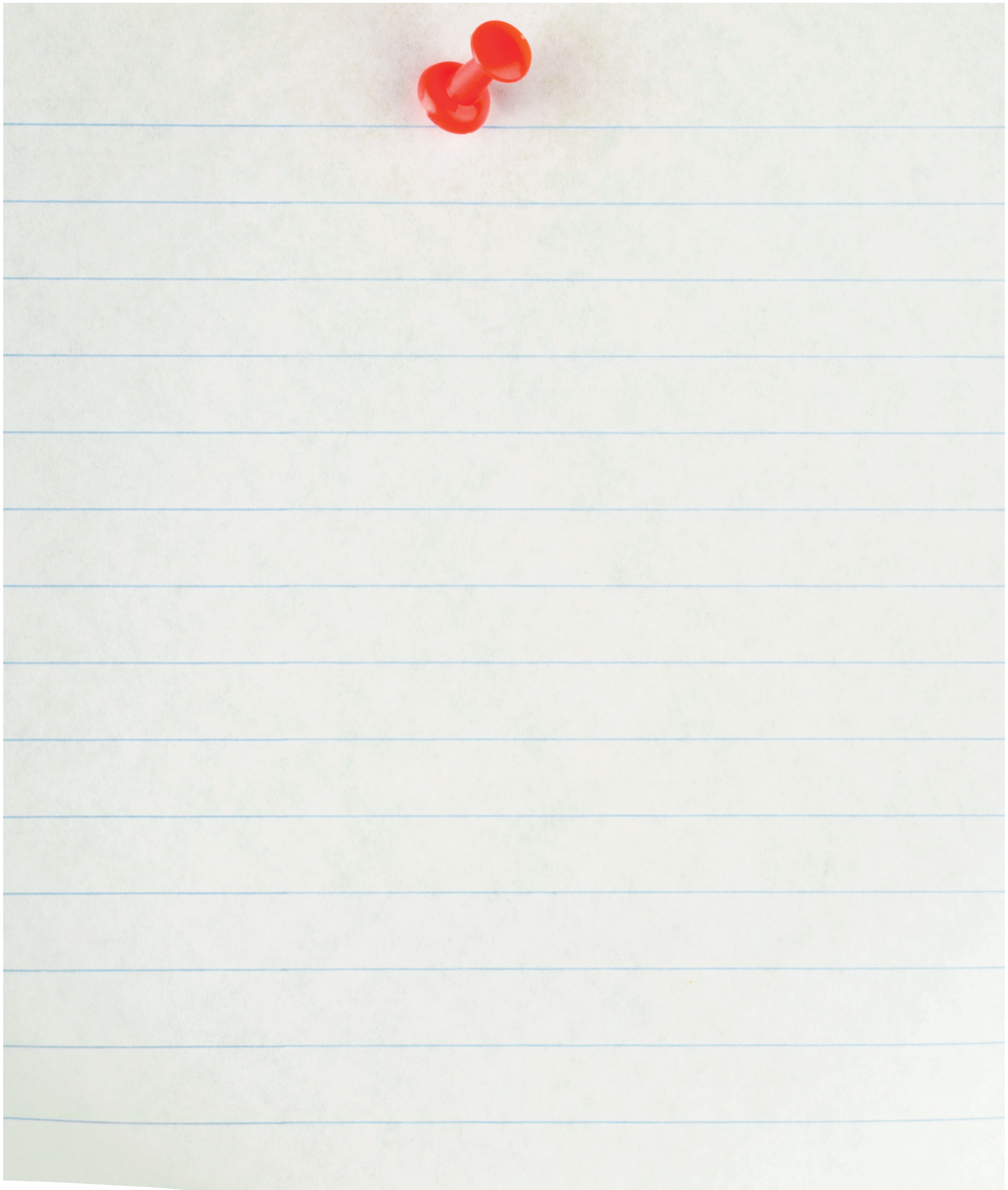
Using three examples from the '*Identifying my Triggers*' list, write down a number of useful suggestions on how to deal with these situations in a positive manner. Use the questions below to guide you.

1. What was the trigger?
2. How were you feeling just before you felt like drinking or drugging?
3. What were you telling yourself just before you started to drink or drug? (Look for additional, hidden thoughts.)
4. What did you do?
5. Which thoughts led to which addictive feelings and behaviours?
6. What was the chain of thoughts, feelings, and actions?
7. What could you have told yourself?
8. What could you have done?
9. What emotions could you have pushed yourself to feel?
10. How do you feel now about what happened?



If faced with one of the triggers below, what would be an appropriate way to react?

- Smelling someone smoking weed.
- Bumping into someone you know from rehab who is using in Chiang Mai.
- Someone offering you a usable substance.
- Walking by a pharmacy or a bar.
- Someone at a meeting who shares something that triggers you.
- Getting a call from someone you know who is drunk or using.

A large rectangular area of lined paper, similar to notebook paper, with horizontal blue lines. At the top center of this area, there is a red pushpin. The paper is otherwise blank, intended for the user to write their responses to the triggers listed above.



CAUTION



***YOU CANNOT BUILD A
SOLID RECOVERY ON
SLIPPERY BEHAVIOR***



CRAVINGS & URGES

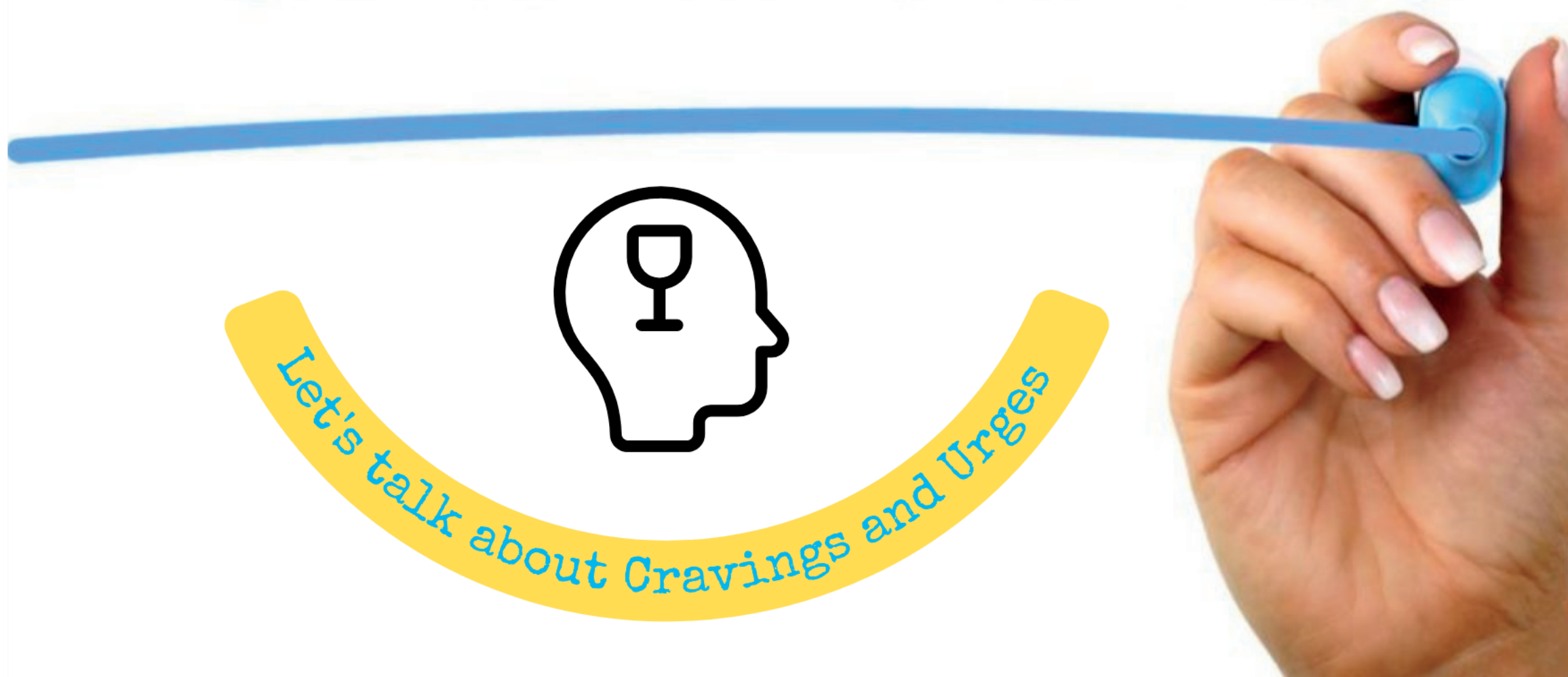


We know there are certain chemicals that are designed to give us a rush of pleasure. But, one of the most amazing things about being human is our capacity to override that pleasure. To either say, 'I don't need that pleasure right now. I'm going to ignore the craving.' Or to find something else that we find a deeper sense of reward from.



Charles Duhigg

ADDICTION RECOVERY



Cravings are a desire to experience the positive effects of alcohol, drugs, or any process addiction, possibly triggered by some bodily sensations or thoughts. An urge can be viewed as the impulse to satisfy the craving.

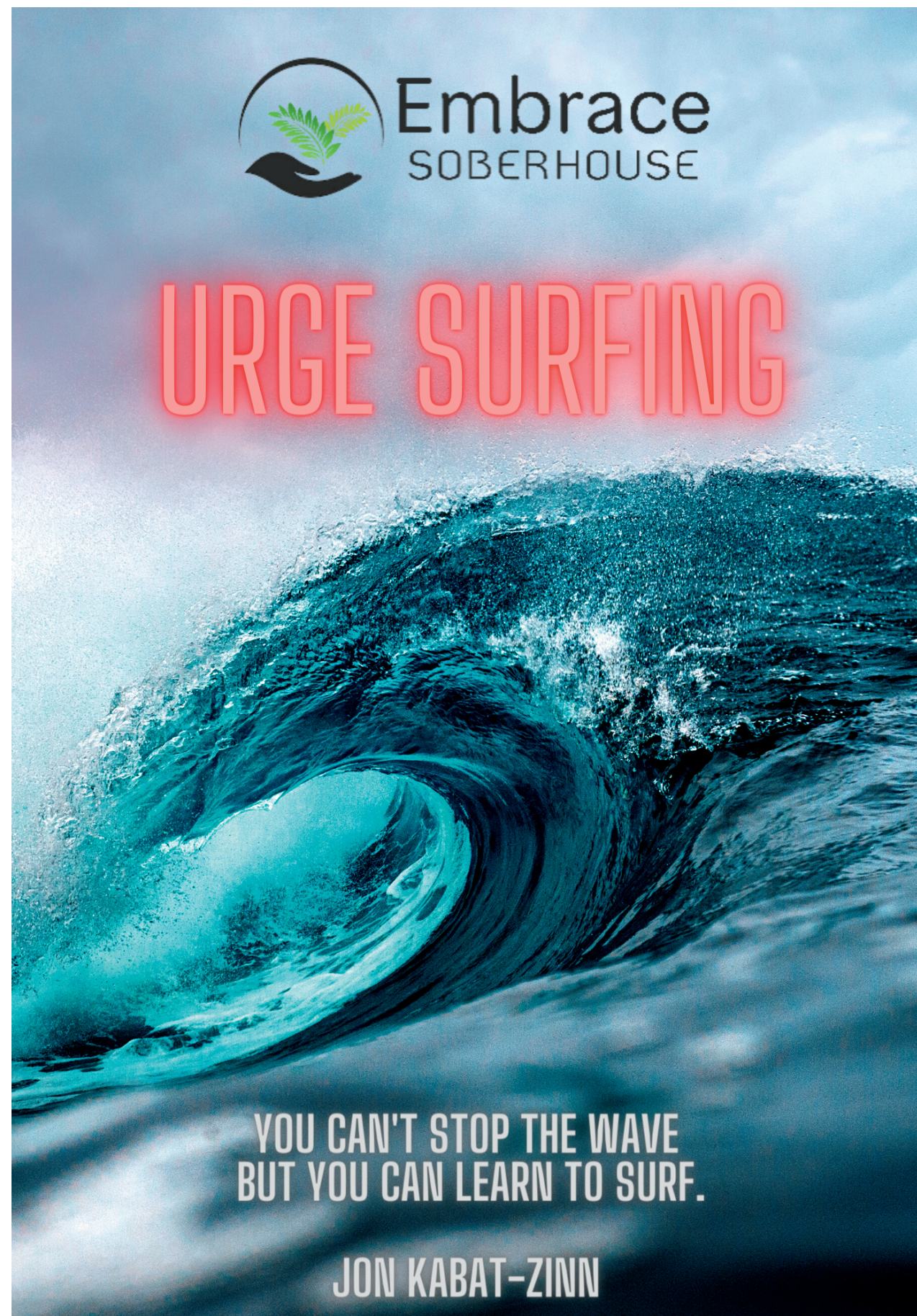
People in recovery from addiction can still get intense urges or cravings to use drugs, alcohol, or other substances. It's a normal and natural part of recovery. They can be uncomfortable and intense but rarely last longer than several minutes.

It is helpful to understand how cravings work and how to manage them effectively. Awareness gives you the power to understand and deal with your urges.

Using an urge log is a useful tool in which you can record specific information about your urges. It will allow you to develop a better understanding of your urges and to notice patterns and similarities. This information can help you to plan ways to avoid places and situations which may be triggering.

URGE SURFING

This is a mental technique that can be used to avoid acting on any behavior that you want to reduce or stop. The technique compares an urge to a wave in the ocean. Waves can be strong and powerful, but they pass quickly. Similarly, an urge can be intense but usually doesn't last a very long time. Urge surfing helps you imagine yourself as a surfer riding the wave of an urge.^[1]



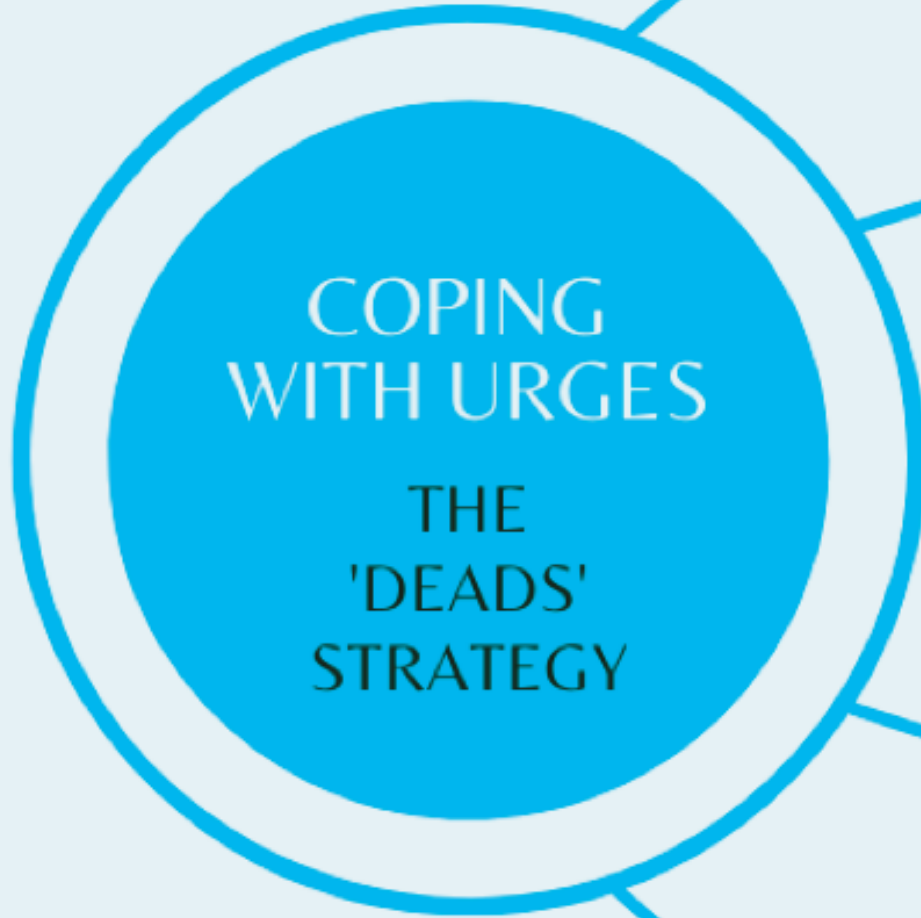
How to Urge Surf

Urge surfing involves a similar mindset as mindfulness meditation. The goal of this practise is to focus fully on the breath. You observe your thoughts and feelings when your mind wanders. The point is to notice thoughts without judgement or frustration. This makes the thoughts less powerful and reduces your stress.



DEFEAT URGES WITH 'DEADS'

SMART RECOVERY



1 **DELAY**
Refuse to give in to it. Remind yourself repeatedly that the urge will pass.

2 **ESCAPE**
Leave immediately.

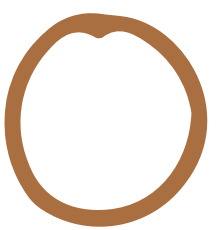
3 **ACCEPT/ATTACK/AVOID**
Dispute irrational belief using DIB'S & ABC's tools.

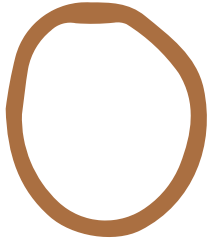
4 **DISTRACT**
Do something: go for a walk, read a book, meditate, watch TV, anything constructive.

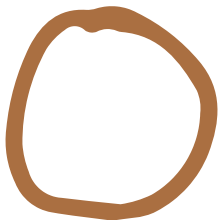
5 **SUBSTITUTE**
Send in healthy substitute thoughts to squeeze out the urge. Replace the irrational thoughts.

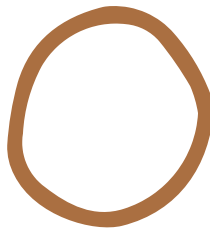


- Scan the QR Code to watch a short video from SMART Recovery on 'Coping with Urges.'
- Add some key points below.











DEADS WORKSHEET

Identify your strategies for successfully coping with urges.

D = Deny / Delay (Don't give in to the urge)

- How long do urges last if you don't give in? How bad do they get before fading? What can you quickly do that will help you deny them?

E = Escape

- What triggers can you get away from? What can you do to escape a trigger's influence?

A = Avoid, accept, or attack

- What can you do to avoid urges?
- What techniques or strategies have helped you "to be" with the urge until it passes without giving in? How do they make you feel and think that is different from how you think and feel when you're not having an urge?
- What tools or words can you use to attack the urge?

D = Distract yourself with an activity

- What activities have you considered, written down, or done to take your mind off the urge, and to fill the time that you used to spend on your addictive activity?

S = Substitute for addictive thinking

- What thoughts can/have you developed to dispute the illogical thinking that comes with urges?
- What healthy activities can you do to replace down thinking and feeling?



“

***NOTHING
Justifies a Relapse***





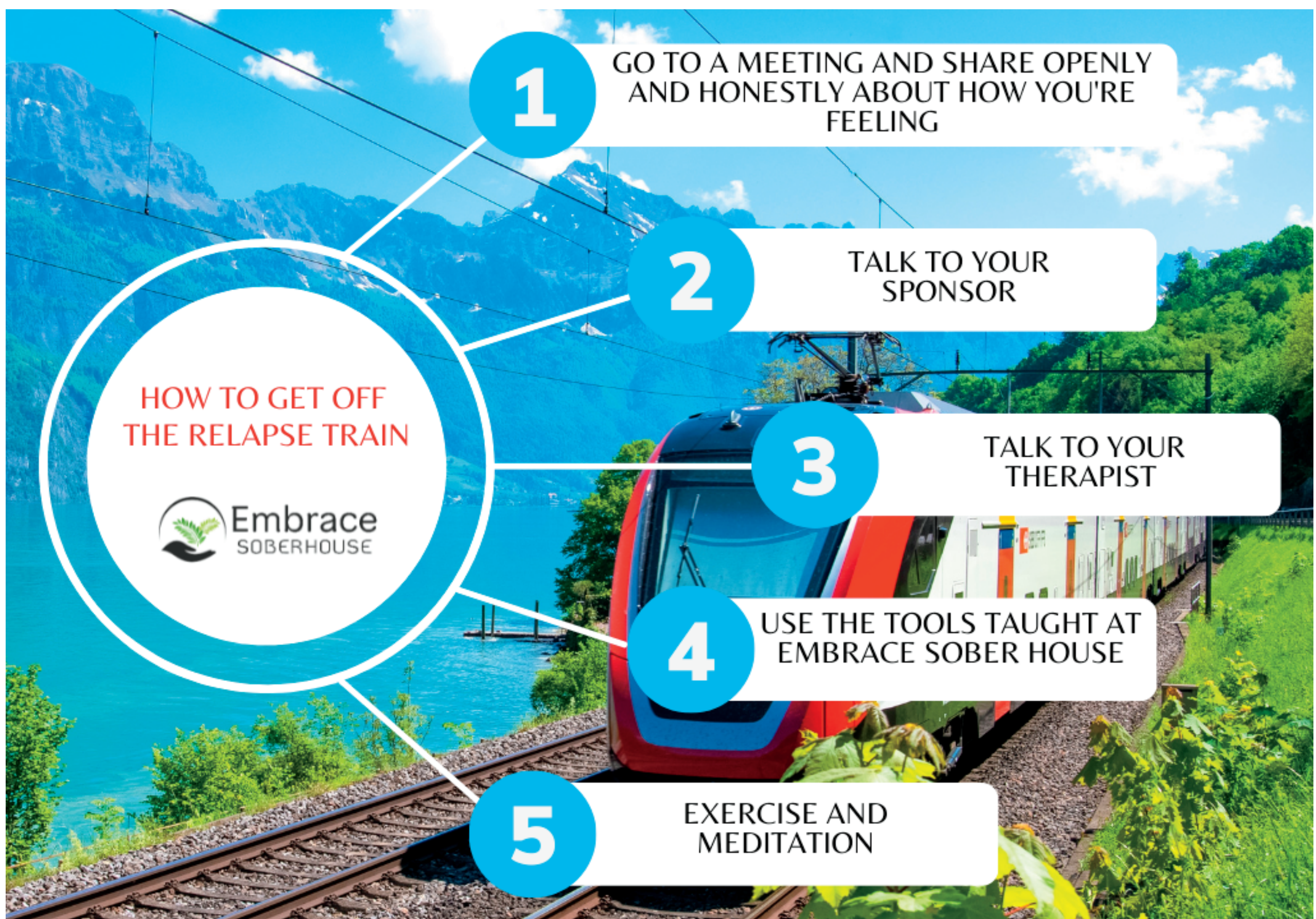
- 1 Unhealthy Emotions
- Denial 2
- 3 Compulsive Behaviors
- Triggers 4
- 5 Interior Chaos
- Exterior Turmoil 6
- 7 Loss of Control
- Addictive Thinking 8
- 9 High-Risk Situations
- Relapse 10



Relapse can be compared to a train that makes designated stops. The train is expected to make all the announced stops because it is programmed to do so. The momentum toward relapse is progressive, just like the addiction which preceded it. Once an addict boards that train and settles back for the trip, it will inevitably deliver him or her to its final destination; relapse.^[2]

The ONLY way to stop the progression is to get off the train.





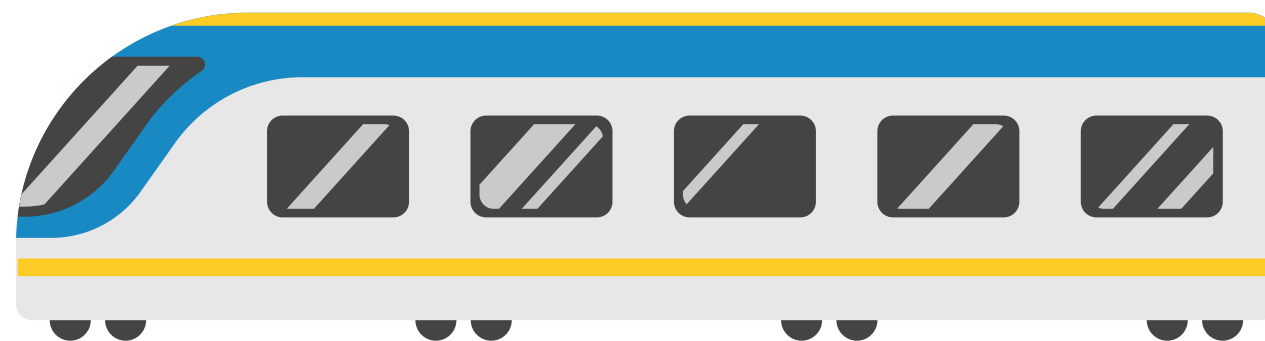
You DO NOT have to continue on the relapse journey to its final destination. You can get off the train at any time by taking a couple of simple steps listed below.

You have a choice. ***Nothing Justifies a Relapse.*** There are always much better alternative options.

Asking for help is a true sign of strength. Letting go of your pride is essential.

As Marsellus Wallace insightfully proclaims in Pulp Fiction: ***"Pride only hurts, it never helps."***

Thomas Jefferson famously claimed that: ***"Pride costs us more than hunger, thirst, and cold!"***



The SMART Recovery CBA and ABC tools taught by the experienced staff at Embrace are an excellent resource to use regularly as part of your recovery program.**

**Unlimited copies of the ABC and CBA worksheets are available at Embrace for clients to use as often as required.

The DEADs Tool - TIPS & TOOLS for RECOVERY that WORKS Share

TIPS & TOOLS for
RECOVERY THAT WORKS!

THE 
DEADs TOOL
TO ESCAPE *URGES*



Watch on  YouTube

The ABCs of Coping with Urges - TIPS & TOOLS for RECOVERY that WORKS! EP2 Share

TIPS & TOOLS for
RECOVERY THAT WORKS!

ABCs 
OF COPING
WITH *URGES*



Watch on  YouTube

Cost Benefit Analysis (CBA) - TIPS & TOOLS for RECOVERY that ... Share

TIPS & TOOLS for
RECOVERY THAT WORKS!

COST / BENEFIT

ANALYSIS
(CBA)



Watch on  YouTube

Scan the QR Codes to watch the videos

My Cost-Benefit Analysis



The substance or activity to consider is: _____

Date: _____

Using or Doing	
Label each item short-term (ST) or long-term (LT)	
Benefits (rewards and advantages)	Costs (risks and disadvantages)
NOT Using or Doing	
Label each item short-term (ST) or long-term (LT)	
Benefits (rewards and advantages)	Costs (risks and disadvantages)



Activating event	Belief about event — irrational	Consequence of my irrational belief	Dispute my irrational belief	Effective change in my thinking



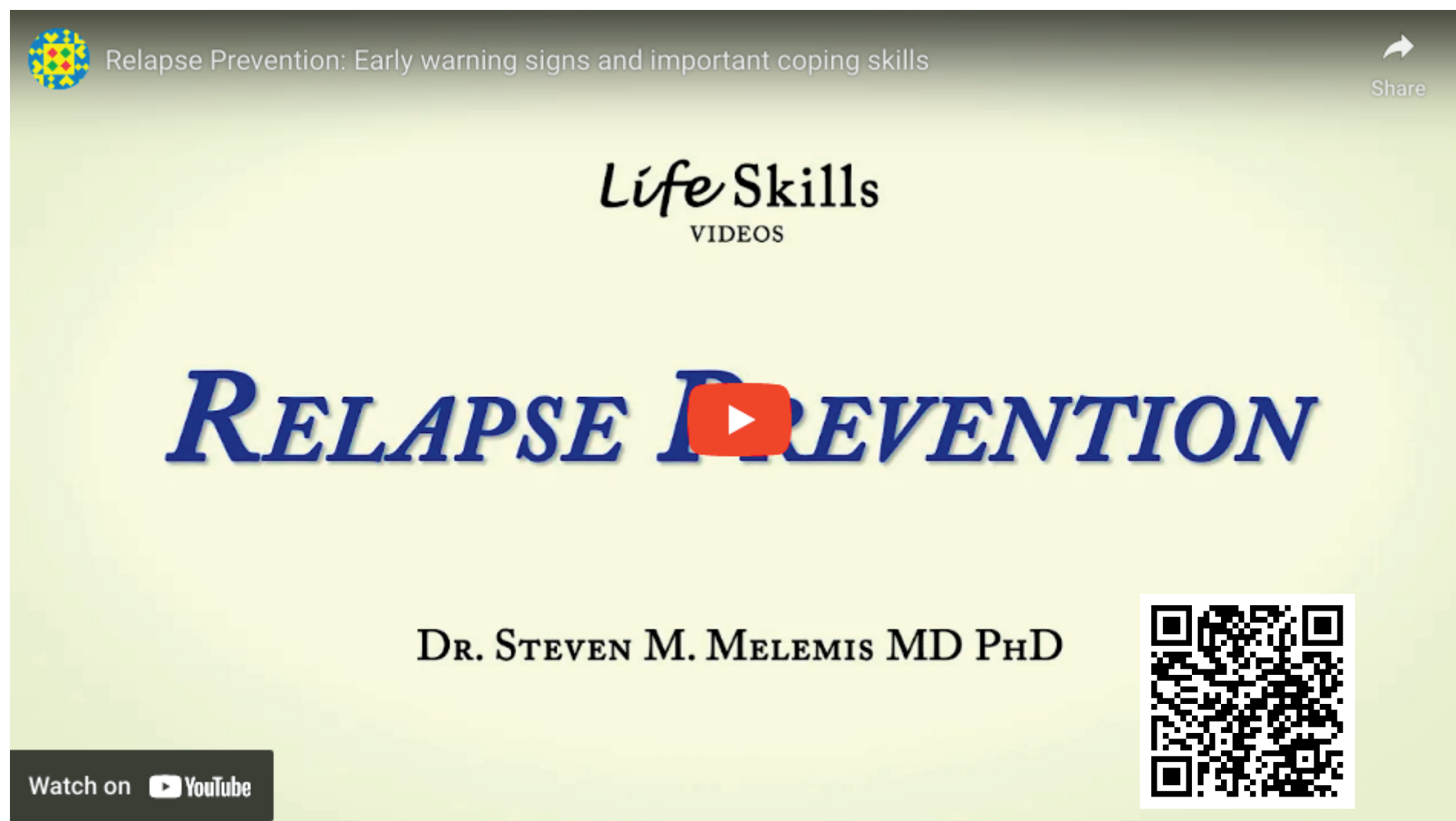


ABC WORKSHEET

Activator / Trigger	Consequence
	Feelings:
	Behavior:
Beliefs / Negative Self-talk	Dispute / Positive Counterargument
Effective way forward	
Positive Affirmation:	Action:

RELAPSE

EARLY WARNING SIGNS



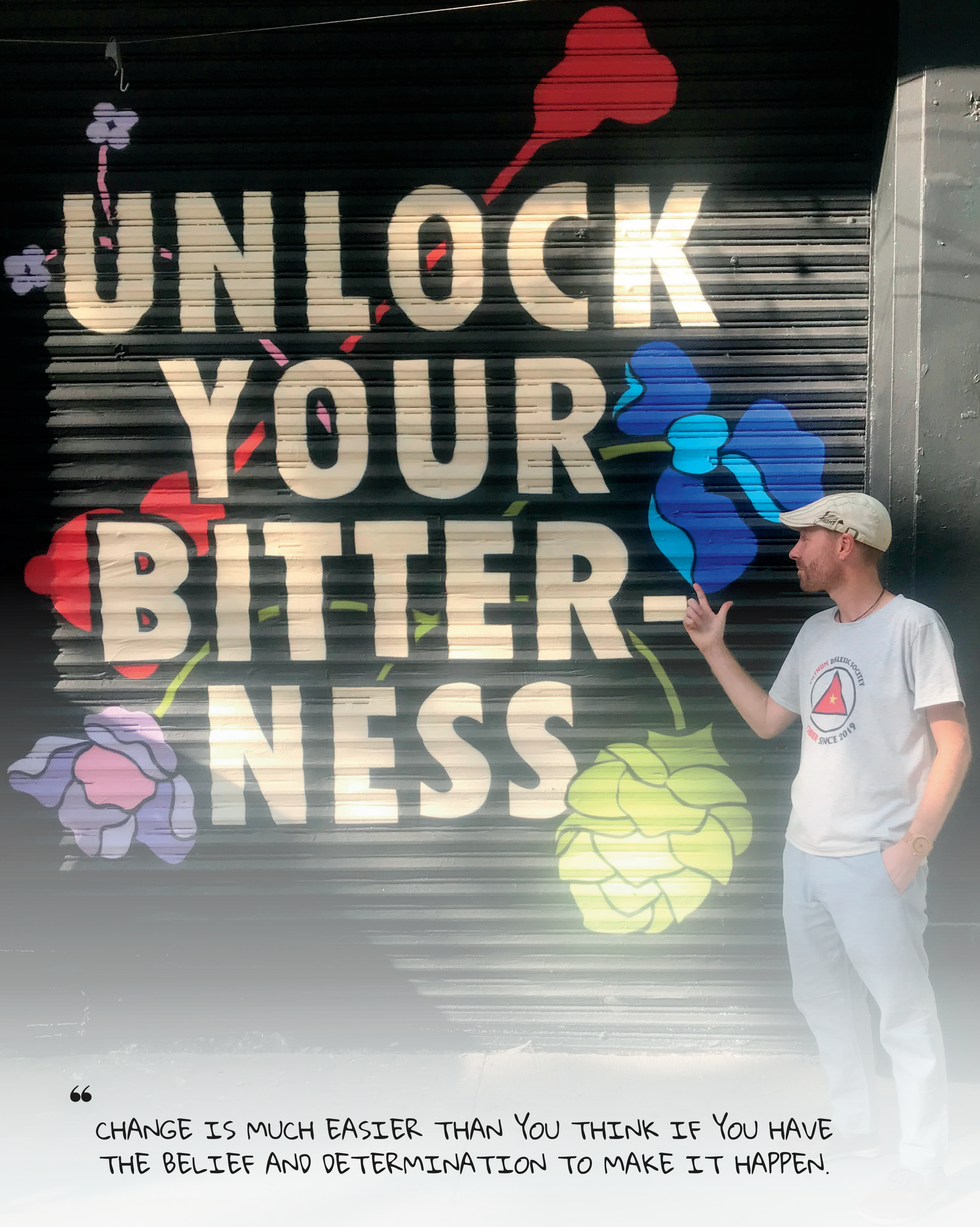
Scan the QR Code to watch the video and add some key notes below.

○

○

○

○



“

CHANGE IS MUCH EASIER THAN YOU THINK IF YOU HAVE THE BELIEF AND DETERMINATION TO MAKE IT HAPPEN.



JOIN ALONG WITH MR THERAPOD ON THE CAMINO DE SANTIAGO IN SEPTEMBER 2023.

PHYSICAL EXERCISE

*“If you don’t make time for exercise,
you’ll probably have to make time for illness.”*

Robin Sharma



The link between a healthy body and a healthy mind is undeniable. Because of this, improving the fitness level of their residents is an important part of what Embrace does. Every client enjoys yoga twice a week, is given unlimited gym membership, and, where needed, will be able to benefit from personal training.

They also participate in a multitude of outside group activities like badminton, swimming, jogging, football, biking, hiking, kayaking (the availability of activities is dependent on the suitability and preference of the residents).

Embrace encourages you to continue to participate in some form of daily exercise upon leaving its residence. As with everything in recovery, we encourage you to find whichever form of exercise works best for you. The benefits of a brisk walk every morning, or perhaps after a bad day at work, cannot be over-stated.



Author's Note:

Solvitur Ambulando is a Latin expression that loosely translates as ‘It is solved by walking’.

It is a mantra that I have come to live by. It may have saved my life. Between May and July 2019, in the three months before I checked in to Hope Rehab in Thailand, I walked some 1500km in China and on the Camino De Santiago in Spain. During this bleak period, walking was the only thing that kept me grounded as I firmly believed I was losing my battle to stay sane as the darkness descended and the demons smelt victory.

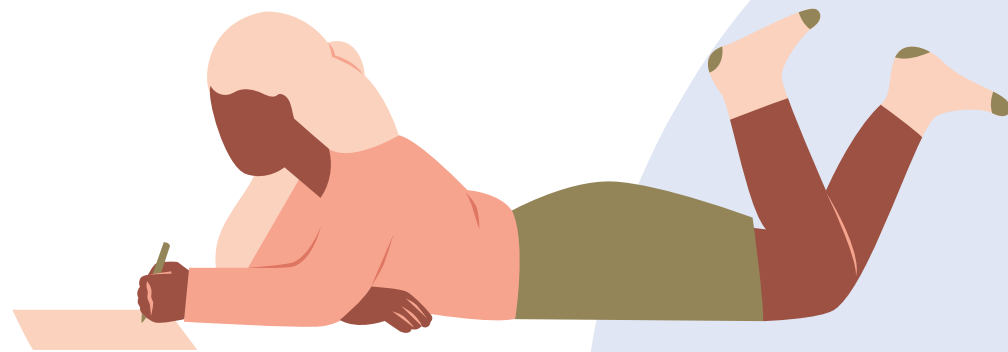
Scan the QR Code below to read more about my story of recovery.



10

EXERCISE & SELF-CARE MOOD BOOSTERS

1. Go outside for a daily walk

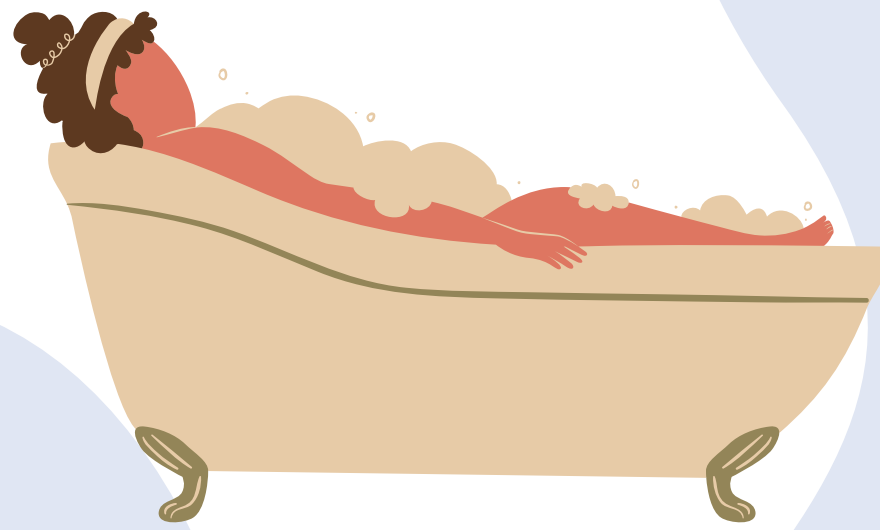


2. Journal every morning

3. Spend more time with family & friends



4. Take time to indulge in some pampering



5. Declutter your home



6. Practice positive affirmations



7. Get more sleep every night

8. Read more books



10. Schedule time for daily meditation



9. Take up yoga



An Excellent Morning Routine



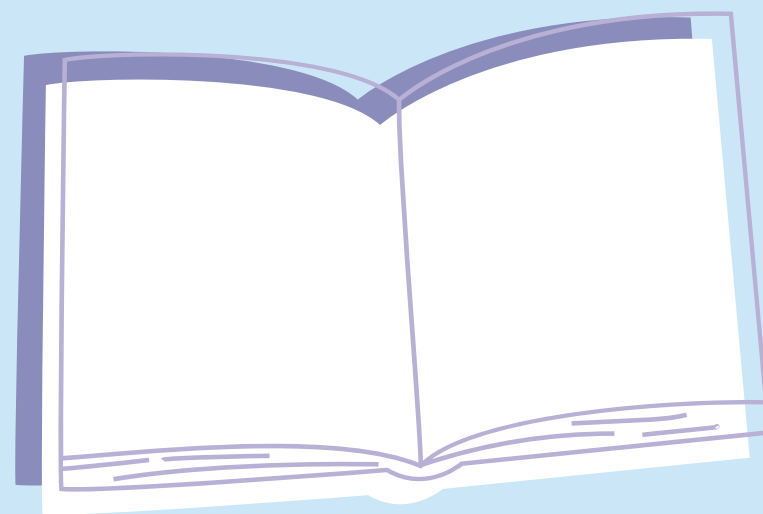
meditation & gratitude



Make a healthy breakfast



write a to-do list



Journal



Exercise



Drink Water

Daily Self-Care and Exercise Plan

Date:

Today's Focus

Priorities List

My Reminder

Goals for My Mind



***YOUR BELIEFS BECOME YOUR THOUGHTS,
YOUR THOUGHTS BECOME YOUR WORDS,
YOUR WORDS BECOME YOUR ACTIONS,
YOUR ACTIONS BECOME YOUR HABITS,
YOUR HABITS BECOME YOUR VALUES,
YOUR VALUES BECOME YOUR DESTINY.***

Gandhi

Values

COMMON EXAMPLES

FAMILY
FRIENDS

LOVE
WEALTH

FAITH
RELIGION

INDEPENDENCE
FREEDOM

COMPASSION
EMPATHY

RELATIONSHIPS
LOYALTY

INTEGRITY
TRUST

SOBRIETY
HEALTH

JUSTICE
EQUALITY

SPIRITUALITY
HUMILITY

ADVENTURE
PLEASURE



KINDNESS
GENEROSITY

VALUES

Joe Gerstein was a major player in the founding of SMART Recovery. He developed a great tool called the *Hierarchy of Values*.

- Take some time alone and make a list of ALL the things that are important to you.
- Once that is completed, pick out the five things that you would place at the very top of the list—the five things that are MOST important to you.

There is no “right” or “wrong” answers, as these are the things that are most important to YOU!



What I value most
1.
2.
3.
4.
5.

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What do you notice? Did alcohol, drugs, or the addiction most relevant to you, make the list? Most likely, no.

However as soon as you engage in this activity, isn't it true that you are putting it above all of your values?

By replacing your addiction with abstinence you automatically look after all of the values that are most important to you.



***WHAT SEPARATES PRIVILEGE FROM
ENTITLEMENT IS GRATITUDE.***

Brene Brown

GRATITUDE

According to an article on the Harvard Healthy website, which outlines research on the topic, “Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” [3]

Here are seven scientifically proven benefits of gratitude from the Psychology Today website; [4]

- Gratitude opens the door to more relationships.
- Gratitude improves physical health.
- Gratitude improves psychological health.
- Gratitude enhances empathy and reduces aggression.
- Grateful people sleep better.
- Gratitude improves self-esteem.
- Gratitude increases mental strength.



In her book ‘The Gifts of Imperfection,’ Brene Brown emphasizes that maintaining an *attitude of gratitude* is insufficient to cultivate joy unless it translates to a behavior. Brown asserts that the wholehearted folk whom she interviewed all had a tangible practice of gratitude, whether that was journaling, meditation, or saying grace. She stressed the importance of turning the *attitude* into an *action*.

Exercise:

Embrace suggests that you turn your attitude of gratitude into an action by completing their *30-Day Gratitude Journal*.

A free copy is available onsite or you can download directly from my website: www.mrtherapod.com



Journalling presents an opportunity for emotional catharsis. It a method of expressing and releasing thoughts and feelings. It can be a powerful tool for healing. Just as talking to someone about feelings, experiences, and emotions, journaling can also allow for the release of these thoughts and allow you to emotionally process what you've been dealing with. [5]

Journaling allows you to reflect on previous challenges and see what caused thoughts of relapse, how you were feeling at the time, and what you did to avoid it. Writing empowers a person to stay sober by recording the days, months, and years without using drugs, alcohol or participating in their addictive behavior. [6]



***I DON'T KNOW WHAT YOUR DESTINY WILL BE,
BUT ONE THING I DO KNOW:***

***THE ONLY ONES AMONG YOU WHO WILL BE
REALLY HAPPY ARE THOSE WHO WILL HAVE
SOUGHT AND FOUND HOW TO SERVE.***

ALBERT SCHWEITZER

SERVICE

"The most important thing to happen to me during my year of being in rehab was when a therapist asked me if I had ever considered the possibility that I spend too much time thinking about myself. I knew what she was saying was true, but I initially hated her for saying it. She encouraged me to do some voluntary work with people who had profound learning difficulties – it was one of the most life-changing experiences of my life (thinking more about others gave me a peace of mind I'd never experienced previously except in meditation), and it encouraged me to become a nurse."

Paul Garrigan



There are a multitude of service opportunities available within the recovery community from chairing meetings to setting up the room beforehand, meeting and greeting attendees, or something as simple as serving tea. Your sponsor will be able to guide you through this process.

Embrace suggests that you use your time wisely while staying in Chiang Mai and seek out an opportunity to be of service within the local community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need.

According to research by the Western Connecticut State University;

- Volunteering helps you make new friends and contacts
- Volunteering increases your social and relationship skills
- Volunteering increases self-confidence.
- Volunteering combats depression
- Volunteering helps you stay physically healthy.
- Volunteering can advance your career.
- Volunteering can teach you valuable job skills
- Volunteering brings fun and fulfillment to your life.^[7]

There are a wide range of voluntary opportunities in the local community.

Scan the QR Code below for more information about volunteering in Chiang Mai.





Embrace
SOBERHOUSE



Modern

MINDFULNESS

Embrace The Change

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.

Jon Kabat-Zinn



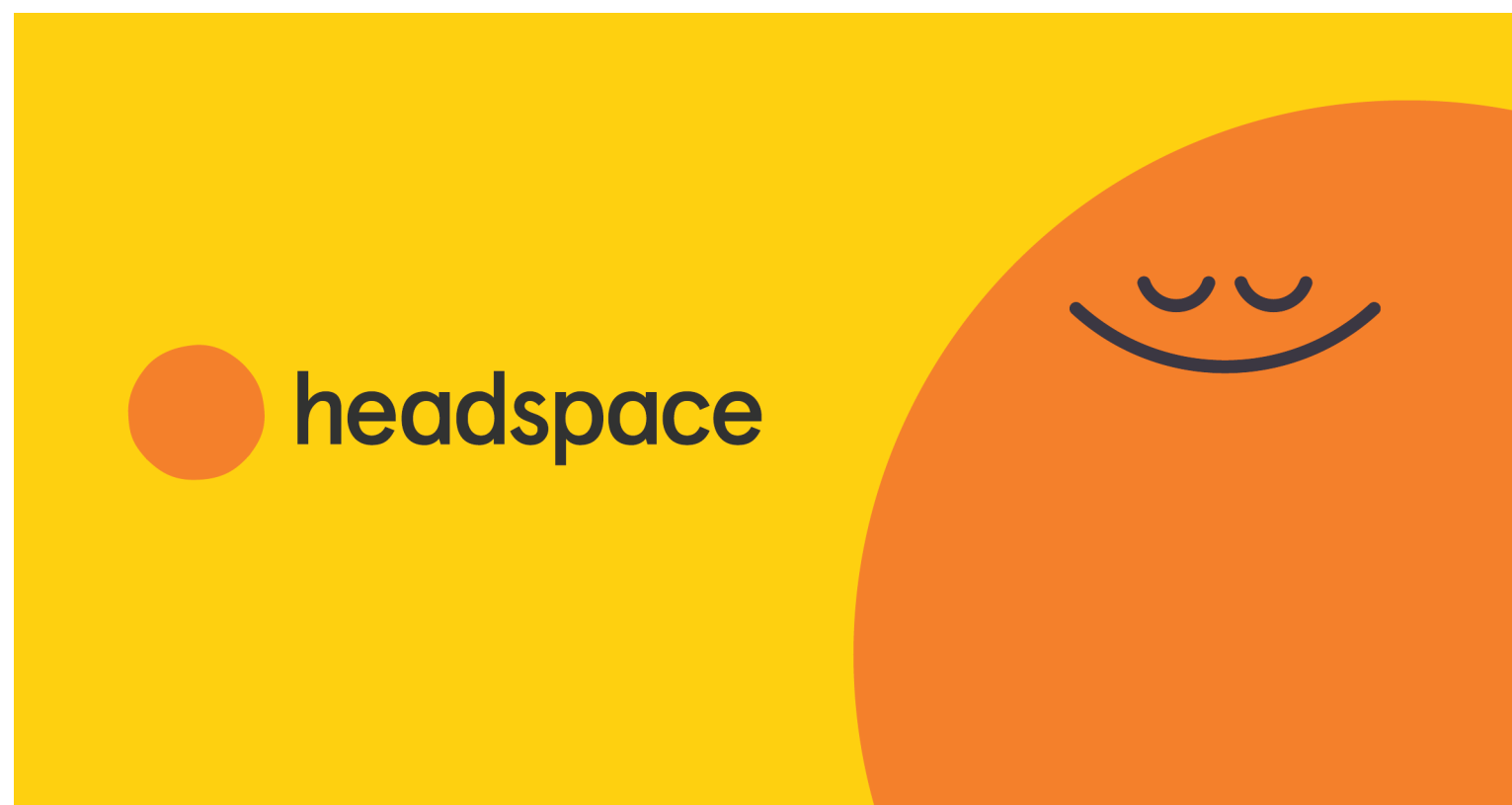
MINDFULNESS

We live in a digital world polluted with ‘*Weapons of Mass Distraction*,’ which relentlessly compete for our time, attention and energy. While it is understandable that taking timeout to meditate— to sit and do nothing — is challenging for many people, Embrace believes that meditation can play an important role in recovery. It is for this reason that guided meditation sessions are provided onsite for residents three times a week. An experienced Mindfulness Coach also leads a weekly group session on a relatable topic. This is followed by one-on-one sessions for all residents.

Embrace strongly encourage you to develop a daily meditation practice upon leaving their care. This may be by yourself, online, or by joining a local mindfulness meditation group. Meditation not only increases our ability to deal with stress and handle our emotions, it also provides a path to well-being and inner peace.



Embrace recognises and acknowledge that technology can be utilized in a positive manner to help you in your recovery. Balance, as always, is key. There are many digital tools and programs such as Headspace, Insight Timer, Calm and Breethe, that can assist you in developing a daily meditation practices. These tools are introduced by the professional staff at Embrace during the weekly guided meditation sessions.



Scan the QR Code on the previous page to read a review of 12 of the Best Meditation Apps of 2022

RECOVERY MEETINGS

"I finally summoned up the courage to say three words that would change my life: "I need help."

*Thank you to all the selfless people who have helped me on my journey through sobriety.
I am eternally grateful."*

Elton John



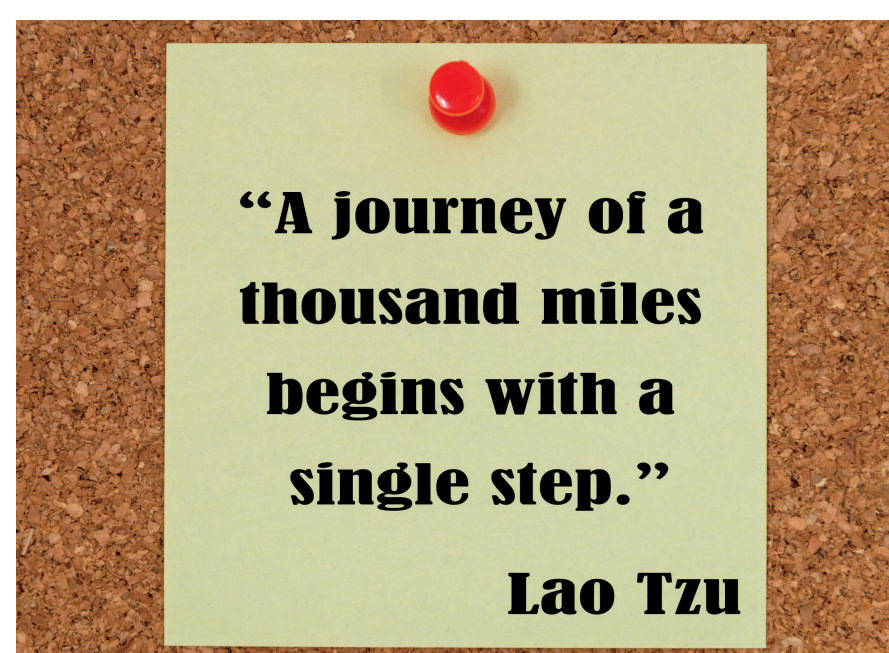
Embrace encourages all their clients to regularly attend recovery meetings during, and after, their stay. They provide transport to meetings in the local area each Tuesday and Thursday. A SMART Recovery meeting is hosted on site each Sunday. There are a wide range of recovery meeting available to attend daily in Chiang Mai. Scan the QR Code above for detailed information.

Building up a strong support network of like-minded individuals can be a vital step for most people in maintaining sobriety. Many people who you meet at 12-step meetings understand what you're going through as a recovering alcoholics/addict. This bond allows you to help one another get through difficult roadblocks on the path to recovery. Going to 12-step meetings allows you to share experiences, strength, and hope as you all pursue the common goal of sobriety.

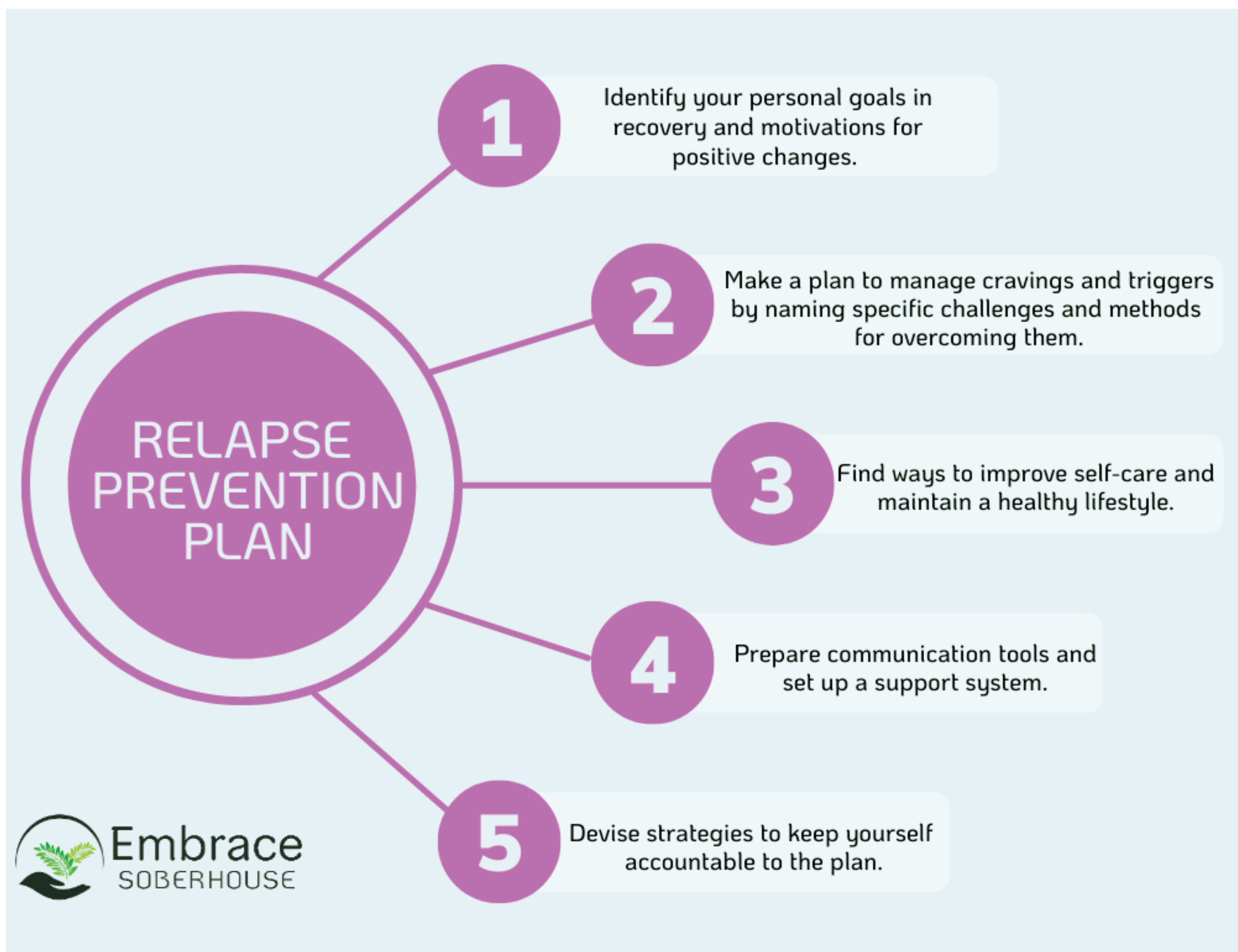
Embrace strongly encourage you to engage in the 12-step process by getting a sponsor and working the steps. It is the tried and tested path of recovery from addiction for countless people worldwide. While this approach may not be the best fit for everyone, it is vital that you quickly find the approach/program that works best for you, and engage whole-heartedly with it.

The Dharma Recovery Program offers an alternative approach to based on Buddhist principles. The program is peer-led and non-theistic. Bi-weekly meetings are held at Embrace.

Most recovery programs now offer online meetings should you not be able to access in your local community.

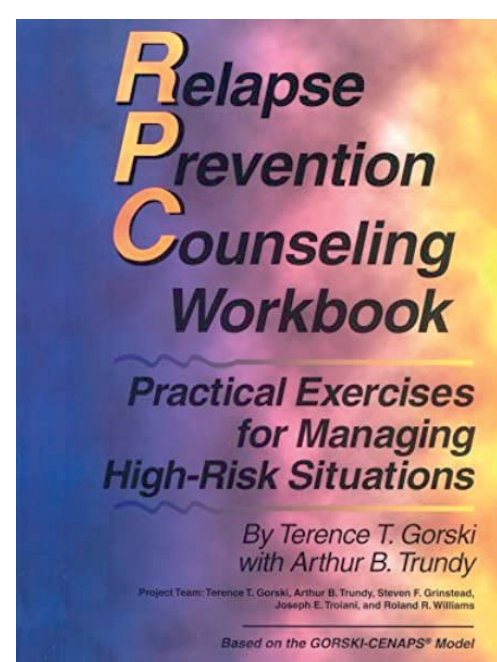


RELAPSE PREVENTION PLAN



Relapse Prevention Models

While each relapse prevention plan is unique, there are several different models that help provide a template. Examples are the Marlatt and Gordon model and the Gorski-CENAPS Model for Recovery and Relapse Prevention.



Available for purchase on Amazon

Exercise: My Relapse Prevention Plan

This is your most important exercise.

- Create a comprehensive relapse prevention plan using the five-step guide.
- Try to incorporate as many of the elements shared in this workbook as possible.
- Share it with your group, or with your sponsor/therapist to receive feedback.
- Amend accordingly post feedback session.
- Put it in to action.

Relapse Prevention Action plan



Name:

.....

Your goal (needs to be specific and within your own control):

.....
.....

The most important reasons why I want to make this change are:

.....
.....

The inspiring values that are associated with this change are:

.....
.....

To accomplish my goal(s) I will do the following:

Specific action(s)

When:

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.....

To accomplish my goal(s) I will also do the following:

.....
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.....

The smallest and easiest step I can take is:

.....
.....

Other people can help me in the following ways:

.....
.....

Who:

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-
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Help:

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-
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.....

These are the obstacles I may encounter:

.....
.....

I can prevent obstacle x by:

.....
.....

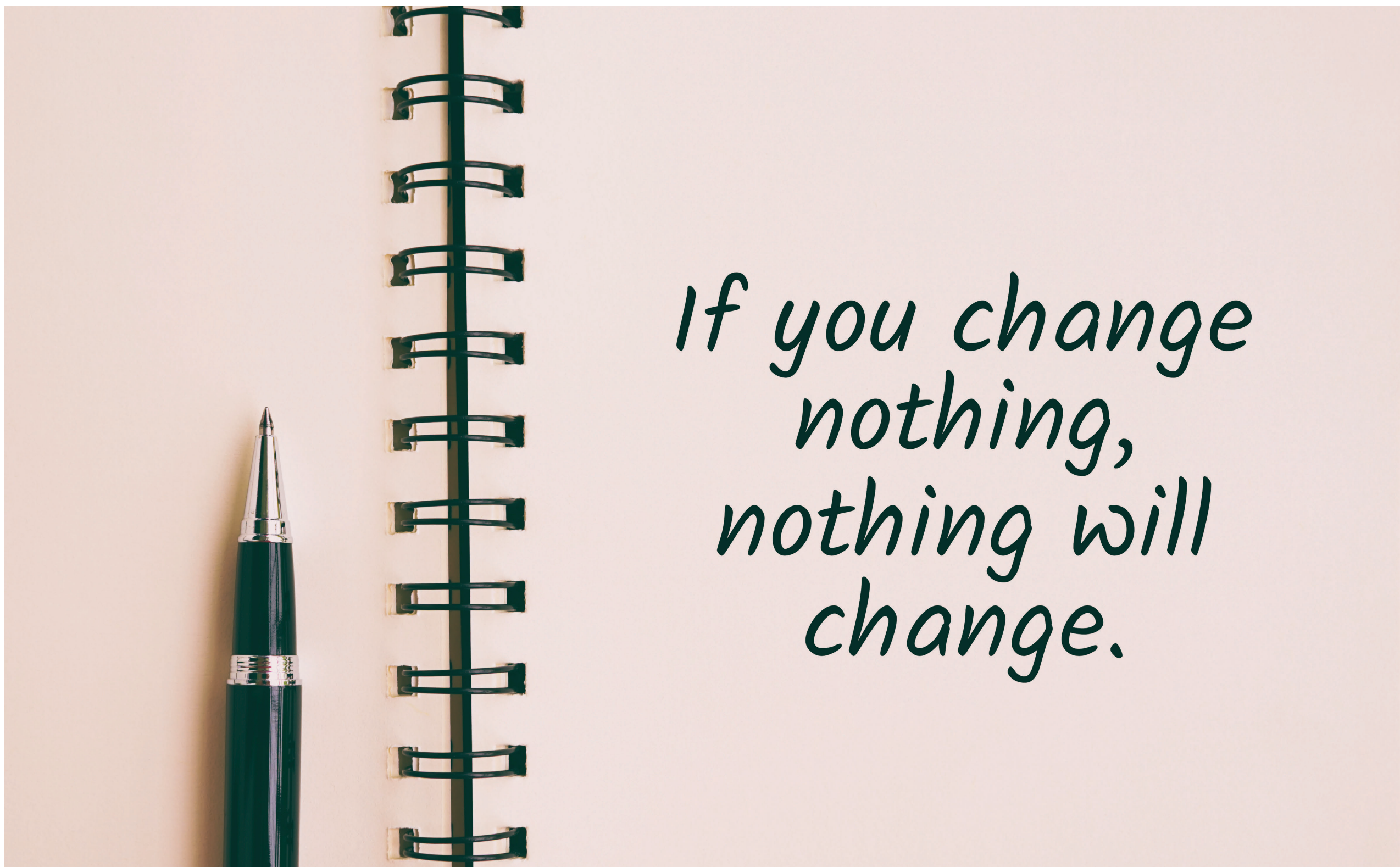
If obstacle x does occur, I will do the following:

.....
.....

I can see from these results that my plan/goal has succeeded:

.....
.....

RELAPSE PREVENTION PLAN CHECKLIST



SUGGESTIONS

Have you;

- Included your '**Goals for Recovery.**'
- Established your core values.
- Determined five ways to improve self-care and maintain a healthy lifestyle including daily exercise and diet.
- Identified your triggers, and the tools you will use to cope with urges.
- Contacted a Psychotherapist/Sober Coach to schedule face to face or online sessions.
- Identified recovery meetings in your local area that you will attend.
- Contacted a Sponsor.
- Put a support network in place.
- Identified service opportunities in your local area.
- Scheduled time to complete your gratitude journal.
- Included time to meditate in your daily schedule.
- Established ways to maintain accountability to your plan.

Share your relapse prevention plan with your Therapist/Sober Coach/ Sponsor.

Speak to the team at Embrace for advice on this part.

RECOMMENDED VIEWING



PODCASTS



Embrace Sober House by Henk Nagel

Over the course of our podcasts you will hear from different team-members at Embrace Sober House who will provide extensive information about our program.



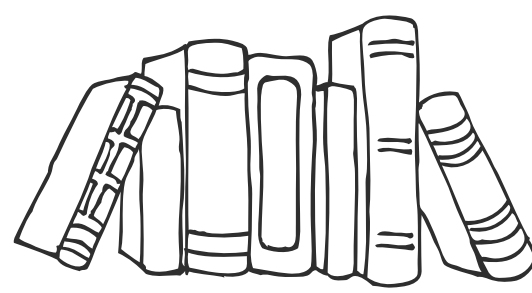
A Lust for Sober Life by MrTheraPOD

Addiction recovery and mental health interviews as well as stories and insights from my own journey of recovery.



A Simple Path to Well-Being by Paul Garrigan

There is a simple path to well-being where we relate to life with wonder, intimacy, and trust. At the core of this relationship is learning to live from stillness.



*Our lives change in two ways:
through the people we meet and the books we read.*

Harvey MacKay

- The Power of Habit by Charles Duhigg.
- Atomic Habits by James Clear.
- The Road Less Travelled by Scott Peck.
- Unbroken Brain: A Revolutionary New Way of Understanding Addiction by Maia Szalavitz.
- In the Realm of Hungry Ghosts: Close Encounters With Addiction by Gabor Maté M.D.
- Fear: Essential Wisdom for Getting Through the Storm by Thich Nhat Hanh.
- Reconciliation: Healing the Inner Child by Thich Nhat Hanh..
- The Power of Now by Eckhart Tolle.
- A New Earth by Eckhart Tolle.
- I Thought It Was Just Me (but it isn't) by Brene Brown.
- The Gifts of Imperfection by Brene Brown.
- Thoughts for Our Times by Albert Schweitzer.
- Conversations with God by Neale Donald Walsch.
- Memories, Dreams, Reflections by Carl Jung.
- The Undoing Project: A Friendship That Changed Our Minds by Michael Lewis.
- Man's Search for Meaning by Viktor E. Frankl.
- Tuesdays with Morrie by Mitch Albom.
- The Prophet by Kahlil Gibran.
- Clarity and Connection by Yung Pueblo.
- Le Petit Prince by Antoine de Saint-Exupéry.
- Siddhartha by Hermann Hesse.
- The Power of the Heart: Finding Your True Purpose in Life by Baptist De Pape.
- The Artist's Way by Julia Cameron.
- A Calendar of Wisdom by Leo Tolstoy.
- The Life of Tolstoy by Paul Birukoff.
- The Secret Letters of the Monk Who Sold His Ferrari by Robin Sharma.
- A Drinking Life: A Memoir by Pete Hamill.
- Dead Drunk: Saving Myself from Alcoholism in a Thai Monastery by Paul Garrigan.
- Mindfulness: A Practical Guide to Awakening by Joseph Goldstein
- Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice by Shunryu Suzuki.
- The Dhammapada: Essential Teachings of the Buddha.
- Find and Use Your Inner Power by Emmet Fox.
- How to Know God by Deepak Chopra.
- The Wisdom Tree: Bringing Wisdom Into Lives by Radhanath Swami.
- Tao Te Ching by Laozi

ADDICTION RECOVERY ADVICE

“

Never give up giving up.
Just because you didn't make it
last time or the time before,
doesn't mean you won't make it
this time.



Doug Sutherland

Psychotherapist

dscounsellingsolutions.com



“

Get up before your addiction gets up!



Simon Mott

Co-Founder Hope Rehab Thailand

“

Each tiny change builds on the next
so that brick by brick, magnificent
things can be created.



Eléonore King

Senior Therapist

Embrace Sober House

ADDICTION RECOVERY ADVICE

“

Recovery is not only abstinence. It is healing, finding connection, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to receive help from others, daring to be honest and accept pain.



Fabi Platinetti
Psychotherapist
fplatinetti@gmail.com



Henk Nagel
Founder Embrace Soberhouse

“

The first step towards wellness is allowing yourself to get the help you need.

“

Stop dealing with the leaves and start looking at the roots. That's where significant change happens.



Nneka Osueke
Therapist
Embrace Sober House

WORKS CITED



[1] <https://www.webmd.com/balance/features/what-is-urge-surfing>

[2] <http://pathwaysplettrehab.co.za/8-stages-of-addict-relapse-and-what-to-do/>

[3] <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

[4] <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>

[5] <https://www.lovingrootsproject.com/allblogposts/the-healing-power-of-journaling>

[6] <https://nexusrecoveryserives.com/blog/the-therapeutic-benefits-of-journaling/>

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CHARITY DONATION

The Embrace Relapse Prevention Workbook and 30-Day Gratitude Journal were compiled by Eugene Leonard whilst volunteering at Embrace Sober House in Chiang Mai Thailand between October 2022 and January 2023.

They are freely available for the still suffering alcoholic and addict throughout the world. You can download them directly from my mrtherapod.com website.

Should you wish to show gratitude with a financial donation to a charity that I help, I would be most grateful.

An editable copy can also be made available for your facility upon receipt of a donation to Hearing and Beyond in Vietnam.

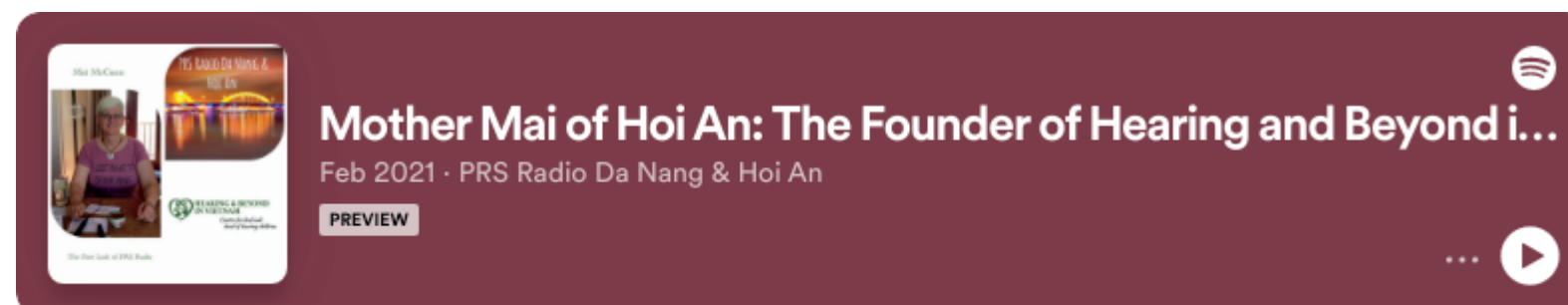
Contact: eugeneleonard101@gmail.com for further information.



Hearing & Beyond in Vietnam is a small, privately funded NGO that assists Deaf & Hard of Hearing children in Hội An. Despite Hội An having a population of 100,000 people, there is no schooling available for these children. This is where Hearing & Beyond in Vietnam has found a niche. In Việt Nam there are approximately 200,000 children under the age of eighteen with hearing loss. There are very limited numbers of schools available for hearing impaired children in Việt Nam. Because hearing testing at birth is not common, coupled with the limited access to modern audiology technology, early intervention is difficult to carry out.

Podcast

Mai Mc Cann, The Founder of Hearing and Beyond in Vietnam.



Mai's family originally hail from Belfast. They emigrated to New Zealand when she was 4 months old in 1956. Mai shares snippets of her incredible life story including growing up in New Zealand, her love of Ireland, working as a nurse in the outback of Australia, and how she survived and ultimately thrived after a very difficult marriage break up which left her on the verge of suicide. She attributes the setting up of Hearing and Beyond in Vietnam with saving her life. Mai is an excellent example of how people can overcome great difficulties and thrive thereafter.

www.hearingandbeyondinvietnam.org

“

In the depths of winter, I finally learned there was in me an invincible summer.

Albert Camus



Thank You

"We must find time to stop and thank the people who make a difference in our lives."

President John Fitzgerald Kennedy

It is now three and a half years since I skulked through the doors of Hope Rehab Thailand in July 2019. A broken shell of a man, mentally and physically exhausted, an intense desire for demise stalked the corridors of this diseased mind. The overwhelming impression that festered in my soul was that I'd just entered the last-chance saloon. As the weeks ambled by I certainly encountered plenty of Cowboys! My ego and pride had taken a severe blow, yet true to form, incessantly they fought for survival during my brief five week stint at Hope. Much to my astonishment I emerged transformed. The death rattle of my addictions had just materialised. A miracle? A spiritual experience? The luck of the Irish? Perhaps a power greater than myself restored me to sanity? Call it what you will. That is irrelevant. I have my own interpretation. What truly matters is that since leaving Hope on August 16th 2019 I have not drank, gambled, or taken drugs. In fact, I've rarely, if ever, even been tempted.

I am profoundly grateful to all the staff at Hope for the professional care and support I received before, during, and after, my time there.

Upon leaving Hope I immediately commenced online therapy sessions with Doug Sutherland, an outstanding Psychotherapist from Scotland, of all places. Doug was practising at Hope during my brief sojourn there. Together we completed twenty online counselling sessions over the course of several months. Doug skilfully navigated a path for me through my darkness in a professional, caring and empathic manner. A new man emerged, albeit still ginger. I can't speak highly enough of Doug so I won't. He'd expect as much! You're welcome Sutherland. Joking aside, thank you very much. It was Joel Lewin who had the misfortune of being my therapist at Hope for it was a thankless task as I was a somewhat tricky client during our sessions. Joel laid the groundwork for the heavy lifting which would later take place in my sessions with Doug. Thanks Joel.

I would like to convey my heartfelt gratitude to Mr. Henk Nagel, Founder of Embrace Sober House Chiang Mai, for his tremendous support and assistance in the completion of this project. Henk's useful advice and suggestions were invaluable throughout the process. Without his expert guidance, from years of experience working in the field of addiction recovery, it wouldn't have been possible.

Joanne Anderson has been immense this last six years. Without her help, support, patience, loyalty, friendship and love, I doubt I'd ever have made it to Hope in 2019. Thank you Jo. You have a friend for life.

Matt Manfredi and Justin Barrett are two great friends who I hold in high-esteem and I thank them for their continued friendship and support.



Photo

With 'The Cowboy of Cali,' Mr. Rich Allen, Vietnam Veteran, near Hoa's Place, Non Nuoc Beach, Da Nang Vietnam.

Rich provided invaluable insight and support this last few years on a wide range of topics.

Cheers Mate.

The Gift of Desperation mercifully delivered me to the doors of Hope in July 2019, yet I soon realised its limitations. Desperation will only get you so far, in my opinion. Without diligence, application, energy, enthusiasm, and a steadfast commitment to change, this priceless gift can soon be lost through laziness and complacency.

Change is much easier than you think if you have the belief and determination to make it happen. Staying clean and sober was never going to be enough for me. Peace of mind is what really matters. I did not get sober to live in fear. It is no way for any man/woman to live.

I left *Hope*, but *Hope* never left me.

The tools that I was taught there formed the bedrock of my recovery; meditation and gratitude, mainstays in my daily life ever since. Indeed, I attribute these practises, more than anything else, with saving, and transforming, my life. They have brought a peace and serenity to my soul, never before experienced.

Archbishop Desmond Tutu correctly asserted that: "*There is no situation that is not transformable. There is no person who is hopeless. There is no set of circumstances that cannot be turned around by human beings and their natural capacity for love of the deepest sort.*"

Sometimes it is hard to see hope but *Hope* is always there.

In my opinion, recovery viewed as an imposition on life is sure to fail. Recovery is a way of life; it is my way of life, and I have embraced it with fervour.

As Iggy almost said;

"You gotta have; ***"A Lust For Sober Life!"***"





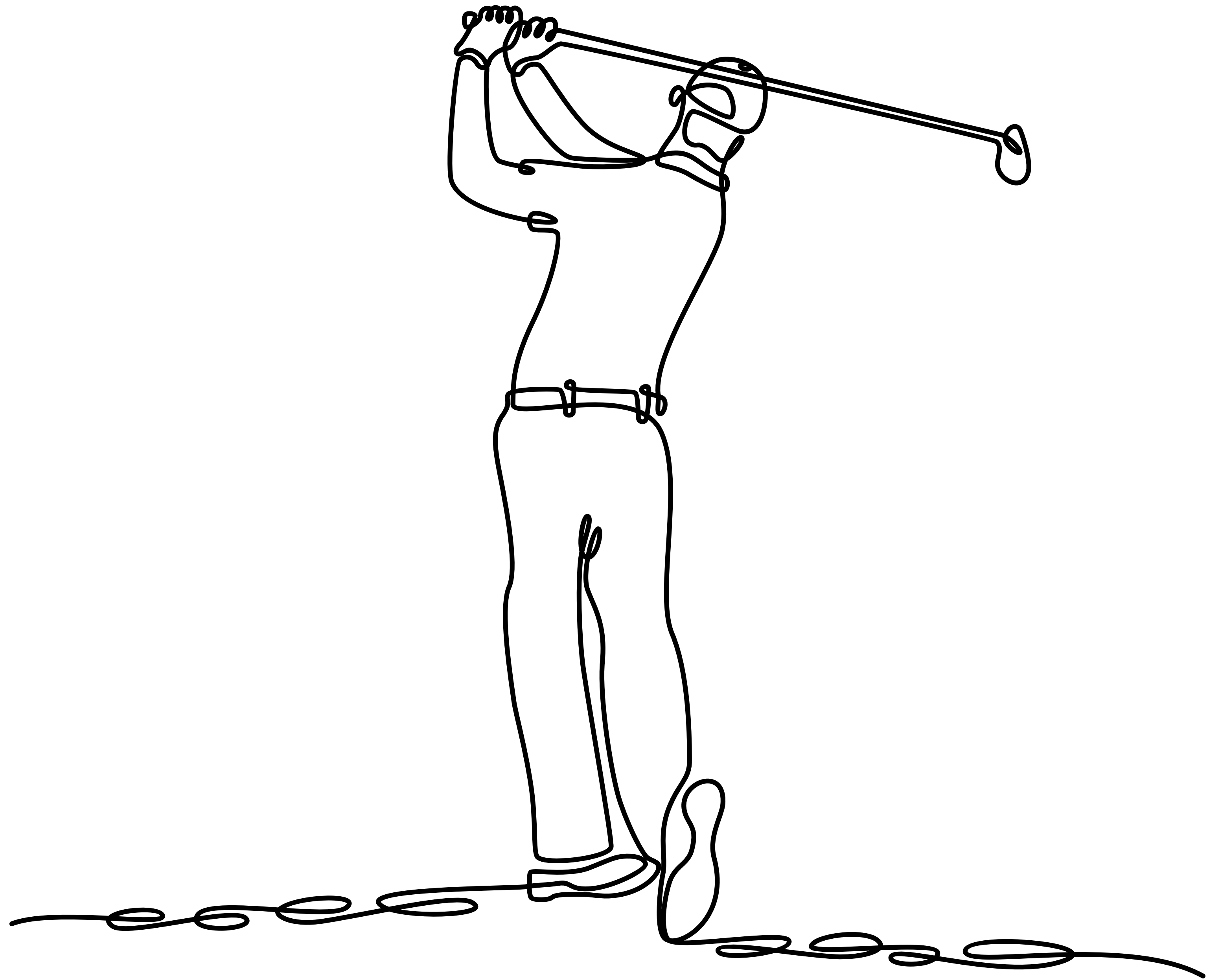
Camino de Santiago

JOIN ALONG WITH MR THERAPOD
AND A SMALL GROUP OF PEOPLE IN
ADDICTION RECOVERY IN SEPTEMBER 2023

Buen Camino



Contact: eugeneleonard101@gmail.com www.mrtherapod.com



As you walk down the fairway of life you must smell the roses.

for you only get to play one round.

Ben Hogan

BEAUTIFUL. CHIANG MAI



QUALITY SOBER LIVING

EMBRACE SOBERHOUSE

We provide an abstinence-based, supportive, fun and recovery-focused living environment for those who are transitioning from primary rehab to an independent life.

OUR PROGRAM offers therapy groups, one-to-one counselling, sober coaching, yoga, meditation, fitness, Muay Thai boxing, and exciting activities and excursions.

OUR TEAM consists of a highly skilled psychologist, an experienced addiction counsellor and recovery coaches to support your growth and healing. Our personal trainer can help you with your fitness goals, while our support staff will help you feel welcomed and cared for.

OUR PLACE has lush green gardens, waterfalls and a refreshing pool. It's a beautiful venue to relax and connect with likeminded people.

We are situated in Chiang Mai, also known as 'The Rose of the North'. The city nestles in a valley surrounded by the stunning jungle-covered foothills of the Himalayas. It is famous for its cultural and natural richness. There are limitless possibilities for everyone to enjoy and explore.

Here we have the biggest recovery community in Asia, including 12 Step fellowships, SMART Recovery meetings and Buddhist-based recovery groups. There's something for everyone.

Our excellent therapists, warm community and exciting surroundings provide a **perfect place to take the next steps in your recovery journey.**

Let us be part of the solution. We firmly believe that
"If you do recovery right one time, you'll never have to do it again"



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