

RELAPSE RECOVERY

Dr. Dave Currie

1. **Fall Forward** – Learn all you can about your triggers and cycles. Realize you are battling a very strong foe who doesn't want to let go of you. Learn from your failures. Learn all you can about how the addiction gets entry. Shut the back door. Where was the access point?
2. **Face Your Demons** – Work to get behind your acting out to the WHY. What inner pain is being met? Unresolve pain and hurts? What need is being met? What lie is being believed? What do you need to face?
3. **It's a Double-Front Battle** – You are battling your addiction and its grip on you and you are also battling Satan who doesn't want you to find freedom. It's a complicated mix between the two.
4. **Get on Your Knees** – ask God to break your addiction. Admit your sin. Know His forgiveness. Walk humbly but not in failure.
5. **Quit Negative Emotional Reactions:**
 - Poor Me. Feeling sorry for yourself doesn't create a turnaround but delays it.
 - Blaming her or others.
 - Anger – either lashing out at yourself or others.
 - Despair. Wanting to give up.
 - Walking in shame and withdrawing.
 - Excuses only delay the hard work you need to do
6. **Own Your Relapse Openly.** Take responsibility. Apologize. Remember the 24-hour rule to tell your wife and the one you are closely working with. Share it with your accountability team.
7. **Grow your Empathy.** You have been selfish for too long and not thought much about others or the implications of your actions. Let the pain you put others through grip you. Realize as well that your catharsis (purging through admission & relief of disclosing) will be the renewing of their trauma.
8. **Up Your Accountability** – Reach out before you act out. That's the goal. Phone calls. Texts. Coffees. Whatever will help prevent any faltering.
9. **Do the Program.** Fight with great abandon. Do the Step work. Learn all you can about addiction and your dark side.