

**THE MATRIX MODEL FOR
TEENS AND YOUNG ADULTS**



Relapse Prevention Group Handouts

**INTENSIVE OUTPATIENT
ALCOHOL & DRUG TREATMENT
PROGRAM**

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HAZELDEN

WHEN DID YOU START USING?

THINK BACK TO THE FIRST TIME that you used alcohol and/or other drugs.
Answer the following questions.

1. Who introduced you to using?

2. Why did you decide to use?

3. Do you still use for the same reasons? If not, how have your reasons changed?

4. How has your use changed since you first started?


continued

RELAPSE JUSTIFICATION 1

Once a person decides not to use drugs and alcohol anymore, how does he or she end up doing it again?

Does it happen completely by accident, or is there some way of avoiding the relapse?

Relapse justification is a process that happens in people's minds. If a decision has been made to stop using and drinking, but the addiction still has strength, the game gets tricky. The addicted part of the brain invents excuses that move the addicted person close enough to relapse situations that accidents can and do happen. You may remember times when you were planning to stay drug and alcohol free and such a situation happened before you used again.

Use the questions below to help you identify relapse justifications your "addicted brain" might use. You can then interrupt the relapse process.



Accidents or Other People's Influence

Does your "addicted brain" ever try to convince you that you have no choice or that an unexpected situation caught you off guard? Have you ever said one of the following statements to yourself?

- It was offered to me. What could I do?
- An old friend called, and we decided to get together.
- I was going through my closet and found drugs I'd forgotten about.
- I had friends come over, and they brought me some drugs.
- I didn't know my friends would be using when I went over to visit.
- Other _____

List an alternative rational thought that could help you through such a justification.

continued

Relapse Justification I (page 2 of 3)

**Catastrophic Events**

Is there one unlikely, major event that is the *only* reason you would use? What might such an event be for you? How would using drugs or alcohol improve the situation?

- My girlfriend/boyfriend left me. There's no reason to stay clean.
- I just got injured. It has ruined all of my plans. I might as well use.
- My parents are divorcing. Who cares anymore? Why not use?
- I've been expelled from school. There go my friends. I might as well use.
- Other _____

List an alternative rational thought that could help you through such a justification.

**Specific Purposes**

Has your "addicted brain" ever suggested that using alcohol or a certain drug is the only way to accomplish something?

- I'm gaining weight and need stimulants to control how much I eat.
- I'm out of energy. I'll function better if I'm using.
- I can't have fun at parties if I don't use.
- It is easier to meet people if I am high.
- Other _____

List an alternative rational thought that could help you through such a justification.


continued

Relapse Justification I (page 3 of 3)

**Depression, Anger, Loneliness, and Fear**

Does feeling depressed, angry, lonely, or afraid make using seem like the answer? Is it really?

- I'm depressed. What difference does it make if I use or not?
- When I get mad enough, I can't control what I do. I need to use to calm down.
- I'm scared. I know how to make the feeling go away.
- If that person thinks I've used, I might as well use.
- Other _____

List an alternative rational thought that could help you through such a justification.

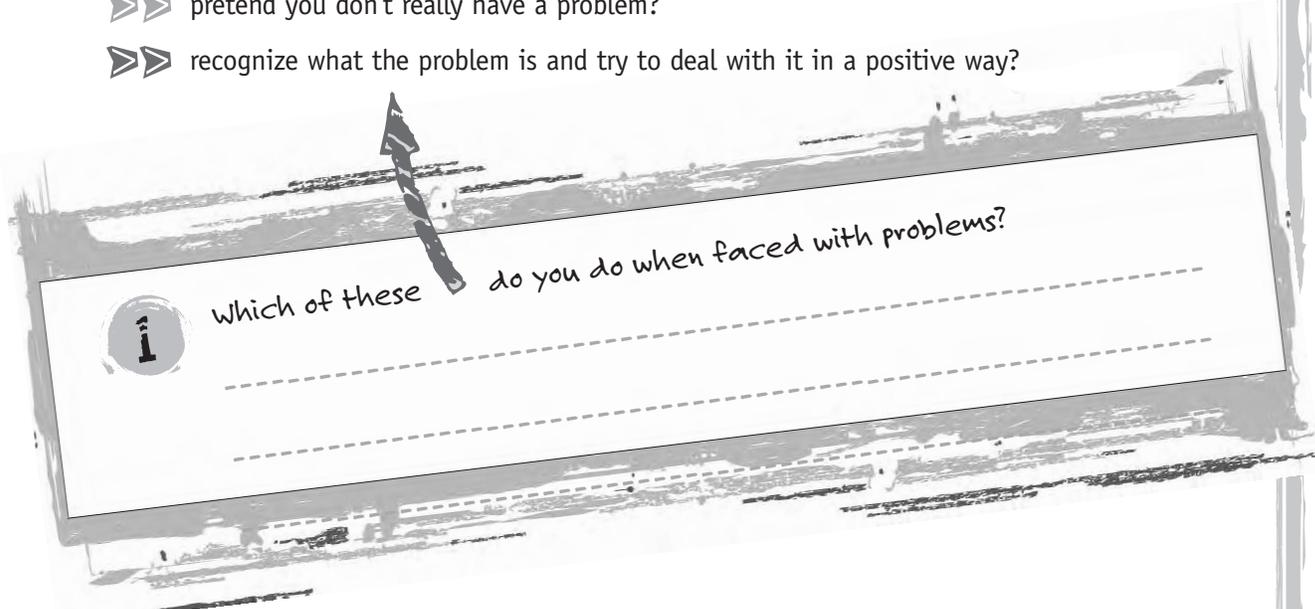
Once a person decides
not to use drugs
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DEALING WITH PROBLEMS

ADDICTION CHANGES THE WAY people think, feel, and behave. In recovery, it is important to get to know yourself. When you have a problem, do you

- blame someone or something else for it?
- pretend you don't really have a problem?
- recognize what the problem is and try to deal with it in a positive way?



1 which of these do you do when faced with problems?



2 Describe a recent problem.

3 How did you deal with this problem?

continued

MAKING THE LINK

Alcohol, Drugs, and Driving

"MOTOR VEHICLE CRASHES ARE THE LEADING CAUSE OF DEATH AMONG YOUTH AGES 15-20."

National Highway Traffic Safety Administration, 2001

"TWENTY-FIVE PERCENT OF DRIVERS AGES 15-20 WHO DIE IN MOTOR VEHICLE CRASHES HAVE BEEN DRINKING ALCOHOL."

National Highway Traffic Safety Administration, 2004

1 Has a friend's or classmate's substance use and driving caused problems, an accident, or a ticket? If so, describe.

2 Have you driven a car after using substances, or have you been with someone who has? If yes, explain.

3 What other options are there to driving if you've been using substances?

 continued

Making the Link (page 2 of 2)

- 4 What do you plan to do if you are with someone who is using substances and about to drive?

Alcohol, Drugs, and School

"HIGH SCHOOL STUDENTS WHO USE ALCOHOL OR OTHER DRUGS FREQUENTLY ARE 5 TIMES MORE LIKELY THAN OTHER STUDENTS TO DROP OUT OF SCHOOL."

National Center on Addiction and Substance Abuse, 2001

- 5 How well are you doing in school?

- 6 How has your drug or alcohol use affected your school performance?

- 7 If you have stopped using, has it made a difference in your school performance?

CIGARETTE

ARGUMENTS

FOR THOSE BATTLING DRUG ADDICTION, is it important to stop smoking as well? For people addicted to marijuana and crystal meth, for instance, cigarettes are often not seen as a problem. However, there are two problems with this kind of thinking.

The first problem relates to health.

- ☉ Teen smokers get sick more often than teens who don't smoke.
- ☉ Teen smokers have smaller lungs and weaker hearts than teens who don't smoke.

The second problem relates to addiction.

- ☉ Of adolescents who have smoked at least one hundred cigarettes in their lifetime, most of them report that they would like to quit but are not able to do so.
- ☉ Patients in drug treatment programs may be less likely to successfully stay off drugs if they are cigarette smokers. (*National Institute on Drug Abuse, 2000*)

Here are some of the most common arguments against stopping the use of nicotine:

- ☉ "I came here to stop using drugs, not to stop smoking."
- ☉ "Smoking actually helps. When I have cravings for drugs, a cigarette calms me down and the craving goes away."
- ☉ "I'm never going to use drugs again, but I'm not sure I'll never smoke again."

Drug treatment includes stopping nicotine use. It is part of stopping your drug use. Nicotine interferes with the chemical healing in the brain, and until the brain is healed, the potential for relapse remains heightened.


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