

Resisting Urges

(Adapted from Conquering Chemical Dependency, pp. 52-53)

The urge to drink again or use again is a normal part of recovery. The intensity and frequency of these urges depends on the severity of one's addictions and differs with each person. It is important to avoid those things that might trigger the urge to drink or use again such as:

- Eating certain foods
- Spending time in certain restaurants or bars
- Listening to certain types of music or particular songs
- Being involved in certain types of festivities such as outdoor lake parties or barbecues
- Being around certain individuals

In addition to avoiding triggers, be alert to certain times or events which can make a person more vulnerable to relapse such as:

- Completing the first week or sobriety
- Completing the first 21 days of sobriety and any anniversaries thereafter
- Holidays
- Personal anniversaries, birthdays, or other special days
- Experiencing "high" moods that come along with things such as getting a job or a raise. (Many people fail to realize that "high" moods are as stressful as low moods.)

The above are outer triggers. However, we also need to be alert to what we are feeling inside that may prompt us to drink or use, such as feeling any of the following:

- Angry
- Distressed
- Overwhelmed
- Pressured to meet a deadline
- Disappointed
- Jealous