

# Relapse Prevention Tips for a Successful Recovery

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The road to [recovery from drug and alcohol addiction](#) is often a long and difficult one. The path sometimes takes a few twists and turns before finally heading in the direction you really want to go. Relapse isn't always a part of recovery, but it certainly can be – and is – for many addicts. Relapse doesn't mean you've failed. It simply means you're human, and you're trying. Someone once said "Recovery is a journey between two stations. One station represents total chaos, and the other represents total serenity. What is important is not where you are, but what direction you are facing," and here at Renaissance Ranch, we believe this wholeheartedly. We help point you in the right direction so you can see your way clearly down the road to recovery from addiction. ***By following the relapse prevention tips below, you'll be prepared for anything along the way.***

## Avoid Old People, Places, and Things

Avoid hanging out with old friends who drink or do drugs, and avoid going to places where these things will be readily available such as bars, parties, etc.

## Recognize Feelings of H.A.L.T.

Experiencing certain feelings can trigger bad behaviors. Feeling hungry, angry, lonely or tired (H.A.L.T.) can cause you to turn to the substances that once made you feel good. Beware of these H.A.L.T. feelings and know how to deal with them. Taking care of yourself, eating right, exercising and making new friends are all ways to help you feel more productive and have a better outlook on life.

## Make Alternate Plans During Times You Are Most Likely to Use

***If you are more likely to use during certain times, make a point to plan something else*** to keep your mind and body busy during those times. Go to the gym, head to the movie theater or simply express your feelings in your journal. Anything you can do that keeps you from stressing over not using and keeps you busy is perfect.

## Use Positive Affirmations to Drown out Self-Doubt

Practicing **positive affirmations is a great way to retrain your brain to replace negative thoughts with positive ones**. Look in the mirror and tell yourself how good you are, how blessed you are and how strong you are. Here are a few positive affirmations we especially love.

- I AM worth my own self-love and self-acceptance.
- I AM capable of doing anything I put effort into.
- My life matters.
- My health is an investment in my life.
- I AM a rockstar!

## **Create a Support Network and USE IT**

A successful recovery includes a group of family and friends you can count on for support. This group doesn't have to be large, but it must be filled with people who love you and whom you trust. You never know when your cravings will strike, and even if they hit in the wee hours of the morning, you should be able to call someone from your support network to talk them through. Trust that when someone says, "Call me anytime you need me," they mean it. Don't be afraid to do just that anytime you need to because at that moment, getting you safely to the other side of your craving is the most important thing in the world.

## **Success Happens One Day at a Time**

Don't look at the big picture. Take your recovery one day at a time and deal with the emotions happening in the here and now.

## **Contact Renaissance Ranch in Ogden, Utah for help**

[Addiction to drugs](#) and alcohol is powerful. Getting past the physical and mental dependency is tough, and for some, relapse happens despite their best intentions. While relapse certainly isn't a deal breaker, taking that step backward can make moving forward again more difficult. If you can continue moving forward in your recovery and avoid relapse altogether, you will reach your goals faster and with less effort.

***When you're ready to kick your addiction to drugs or alcohol, [Renaissance Ranch in Ogden, Utah can help.](#)***

We use a multi-systemic approach to break the addiction cycle. Our program combines medical and psychological treatment, individual and/or group therapy, spiritual guidance, vocational coaching and your own dedication to becoming sober for a more successful recovery.

If you would like more information about our addiction recovery program, please contact us today.

## **[Renaissance Ranch Ogden](#)**

We treat both the individuals suffering from the disease of addiction, and their families who often share in the struggle with them. Through our faith-based approach we use industry best practices to help you regain control of your life and give you the tools and training to achieve long-term sobriety and find peace again. Call us to start your recovery today! Our number is (385) 222-3737. We look forward to hearing from you!

