***Warning Signs of Relapse***

* Examples of relapse warning signs:

* + Attending fewer or stopping going to counseling sessions

* + Attending fewer or quitting going to AA/NA without first discussing this with your sponsor

* + Socializing with others you used to use with

* + Experiencing increased boredom or the discipline of recovery

* + Having significant increase in thoughts of using drugs or the desire to “use socially”

* + Increase in dishonesty

* + Increase in generosity to family members

* + Decrease in church attendance

* + Increase in episodes of snapping at others or starting arguments

* + Tendency to criticize a counselor, sponsor, or aspects of self-help program

* + Increased stress symptoms

* + Not caring about sobriety

* + Too negative about life and how things are going

* + Thinking it wouldn’t be harmful to substitute one drug for another

* + Thinking the drug problem was “cured” after a period of abstinence