

Read Online

Relapse

Prevention

Group Ideas

# **Relapse Prevention Group Ideas**

This is likewise one of the factors by obtaining the soft documents of this **relapse prevention group ideas** by online.

You might not

# Read Online

## Relapse

require more  
period to spend  
to go to the  
books  
introduction as  
without  
difficulty as  
search for them.  
In some cases,  
you likewise  
realize not  
discover the  
message relapse  
prevention group

# Read Online

## Relapse

Prevention  
Group Ideas

ideas that you  
are looking for.  
It will no  
question  
squander the  
time.

However below,  
afterward you  
visit this web  
page, it will be  
so  
unconditionally  
simple to

# Read Online

## Relapse

acquire as with  
ease as download  
lead relapse  
prevention group  
ideas

It will not  
admit many  
period as we  
explain before.  
You can get it  
even if be  
active something  
else at home and

Read Online

Relapse

Prevention  
Group Ideas  
even in your  
workplace. in  
view of that

easy! So, are  
you question?

Just exercise  
just what we  
allow under as  
without

difficulty as  
review **relapse**

**prevention group**  
**ideas** what you  
behind to read!

Read Online

Relapse

Prevention

*Relapse*

*Prevention*

*Groups for*

*Addiction and*

*Mental Health*

*Disorders*

Relapse

Prevention

Awareness and

Activities for

Addiction

Recovery ~~Relapse~~

~~Prevention~~

Read Online

Relapse

~~Planning |~~

~~Journey to~~

~~Recovery Relapse~~

*Prevention,*

*Addiction*

*Triggers*

*(Recovery*

*Strategies) 211*

*20 Relapse*

*Prevention*

*Strategies*

~~Practice~~

~~Demonstration~~

~~Groups for~~

Read Online

Relapse

~~Clients with Co-~~

~~Occurring~~

~~Overview of~~

~~Gorski's Relapse~~

~~Prevention Model~~

~~Part 1 How to do~~

~~Cognitive~~

~~Restructuring to~~

~~Prevent Relapse~~

~~Relapse~~

~~Prevention:~~

~~Early warning~~

~~signs and~~

~~important coping~~



Read Online

Relapse

~~skills~~ Relapse

*Prevention and  
Accountability*

---

Practice

Demonstration -

Relapse

Prevention

Counseling Chris

R. \ "Relapse

Prevention\ " AA

Speaker on

12-Step

\ "Alcoholism

Recovery\ "

Read Online

Relapse

Emotional Abuse

Recovery Five

Steps to Relapse

Prevention

Having a

Relapse?

(Relapse

Prevention,

Recovery and How

to Overcome

Addiction

Relapse) - Teal

Swan - ~~Alcohol~~

~~Relapse~~

Read Online

Relapse

Prevention

~~\u0026amp; 10 Tips  
to Get Through~~

~~It How is  
mindfulness used  
in treatment and  
recovery from  
addiction?~~

Relapse

Prevention

Addiction

Triggers

Recovery

Strategies

Read Online

Relapse

Recovery Group  
Therapy for Drug  
& Alcohol  
counseling in  
South Orange  
County, CA

---

Overcoming  
Addiction ? How  
To Prevent  
Relapse

---

169 Cognitive  
Behavioral Group  
Activities  
~~Interpersonal~~

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Relapse

~~Group Therapy  
for Addiction  
Recovery~~

~~Demonstration~~

Author Bill

McCausland Talks

About Book

Successful

Recovery and

Relapse

Prevention SMART

Recovery -

Relapse

Prevention

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Relapse

Addiction

Relapse

Prevention

Strategies

*Relapse*

*Prevention*

*Skills (3 Major*

*Relapse Warning*

*Signs) H.A.L.T.*

**- A.A. Relapse**

**Prevention Tool**

**Explored (Full)**

**How to write a**

**relapse**

Read Online

Relapse

**prevention plan**

**#140** Relapse

Prevention Group

Ideas

5 Activities In

Relapse

Prevention Group

Therapy 1.

Functional

Analysis

Exercise. During

functional

analysis, you'll

identify

Read Online

Relapse

feelings,  
thoughts, and  
behaviors... 2.

The Centering  
Exercise. The  
centering  
exercise is  
designed to calm  
the mind of  
racing thoughts  
while relaxing  
the... 3.

Warning Sign ...



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Relapse

5 Activities

That Take Place  
In Relapse

Prevention Group

...

4 Relapse

Prevention Group

Activities 1.

Cutting the  
Tension with  
Funny

Introductions.

While many  
recovery group

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activities can be heavy and lead to a lot of... 2. Open Up About Fears and Stress. Many times, people relapse because life becomes too stressful or overwhelming. Others... 3. Talk to Your ...

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Relapse

4 Relapse

Prevention Group  
Activities -

Yellowstone

Recovery

Ideas and

activities for

substance abuse

group therapy;

Ice breakers for

alcoholics &

addicts in

treatment; ...

Group Activities

Read Online

Relapse

for Relapse

Prevention.

Written by:

Marci Blair.

Written on: July

14, 2020. Paul S

utherland/Digita

l Vision/Getty

Images. Moving

from addiction

into recovery

can be

frightening and

challenging for

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Relapse

Prevention  
anyone.

Continuing to

Group Ideas

...

Group Activities

for Relapse

Prevention

Ask group

members to

introduce

themselves by

sharing three

weird, funny, or

interesting

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## Relapse

Prevention  
Group Ideas

things about themselves. Have a group lecture and/or discussion about the neuroscience of addiction. Pass around a hat or a bowl, and have everyone place a slip of paper with a fear written on it

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Relapse

Prevention  
inside.

Group Ideas

Addiction

Recovery - 36

Addiction

Recovery Group

Activities

The activities

facilitated by

relapse

prevention

groups help

members practice

making positive

Read Online

Relapse

choices in their  
lives.

Discussion

Activities Many

relapse

prevention group

facilitators

begin group

sessions with

discussion

activities,

wherein the

group

facilitator



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## Relapse

introduces a topic such as "how to deal with a problem" and asks members of the group to share their opinions and thoughts about the ...

Activities for  
Relapse  
Prevention

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Relapse

Prevention  
Groups

Healthfully

Sep 23, 2019 -

Explore

Alejandra Romero-  
Vargas's board

"Relapse

prevention group  
ideas" on

Pinterest. See

more ideas about

Alcohol

addiction,

Addiction

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Relapse

recovery, Drug  
addiction.

Group Ideas

Relapse

prevention group  
ideas -

pinterest.com

May 16, 2016 -

Explore

Christine Neal's

board "Relapse

prevention group  
ideas" on

Pinterest. See

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Prevention  
Group Ideas  
more ideas about  
Relapse  
prevention,  
Substance abuse  
counseling,  
Relapse.

Relapse  
prevention group  
ideas -  
pinterest.com  
Dec 4, 2018 -  
Explore Andrea  
Young's board  
*Page 28/110*

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## Relapse

"Relapse Prevention Group Material", followed by 133 people on Pinterest. See more ideas about relapse prevention, relapse, addiction counseling.

Relapse

*Page 29/110*

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## Relapse

Prevention Group  
Material -  
Group Ideas  
pinterest.com

Have each group member share about a decision that did not seem like a big deal but ended up leading to a relapse. For instance, a decision to hang out with a

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## Relapse

friend who ended up at a party with alcohol.

Have two members of the group act out each decision and change it so a positive decision is made instead.

Group Role

Playing

# Read Online

## Relapse

### Exercises for

### Relapse

### Prevention ...

By implementing

physical

exercise and a

balanced diet,

one can improve

their quality of

sleep. This can

be done by

setting up and

following a

structured



# Read Online

## Relapse

Prevention  
Group Ideas

sleep, exercise,  
and eating  
schedule. By  
doing this, one  
can retrain the  
body to sleep  
better and will  
also help reduce  
the risk of  
relapse. 2.  
HALT.

The Top 10

Relapse

*Page 33/110*

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Relapse

Prevention

Skills -  
Group Ideas

Addiction Center

Jun 19, 2015 -

Explore Kristin

Mathews's board

"Relapse

prevention group

ideas" on

Pinterest. See

more ideas about

Relapse

prevention,

Relapse,

Read Online

Relapse

Substance abuse  
counseling.

Group Ideas

Relapse

prevention group  
ideas -

[pinterest.com](https://www.pinterest.com)

Oct 4, 2017 -

Explore Sarah's

board "relapse

prevention and

other support

group projects"

on Pinterest.

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## Relapse

See more ideas  
about Relapse  
prevention,  
Therapy  
activities,  
Therapy.

relapse  
prevention and  
other support  
group projects  
Jul 21, 2020 -  
handouts,  
worksheets,

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Relapse

Prevention

Group Ideas

ideas,  
information,  
websites, misc  
stuff regarding  
relapse  
prevention and  
substance abuse  
treatment. See  
more ideas about  
relapse  
prevention,  
substance abuse  
treatment,  
relapse.

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Relapse

Prevention

RELAPSE  
Group Ideas

PREVENTION -

Pinterest

Download Free

Relapse

Prevention Group

Ideas Rather

than reading a

good book with a

cup of coffee in

the afternoon,

instead they

juggled with

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Relapse

Prevention  
Group Ideas  
some infectious  
bugs inside  
their computer.

relapse

prevention group  
ideas is

available in our  
book collection  
an online access

to it is set as  
public so you

can download it  
instantly. Page

2/10

*Page 39/110*

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Relapse

Prevention

Relapse

Group Ideas

Prevention Group

Ideas

SMART Recovery

is a global

community of

people and

families working

together to

resolve

addictive

problems. In our

free group



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Relapse

Prevention  
discussion

meetings,  
participants

Group Ideas

learn from one another using a self-empowering approach based on the most current science of recovery.

SMART Recovery  
Toolbox - SMART  
Recovery

*Page 41/110*

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## Relapse

Create an ice-breaker activity to open up

discussions 1.

Pass around a cup filled with pennies. Each group member must draw a penny and share their favorite memory from the year the penny was produced.

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## Relapse

Another activity is to create a list of 15 questions and have enough copies printed out for each group member.

Ice-Breaker  
Questions for a  
Single-Parent  
Group |  
Healthfully

# Read Online

## Relapse

### Art Therapy

### Ideas for Teen Recovering Drug Addicts.

Creative Writing

... other  
distractions or  
feelings that  
might be  
weighing them  
down. After a  
story or poem is  
finished, it can  
be read in a

Read Online

Relapse

group setting or  
to a therapist,  
and then

explored

together. ...

Activities for

Relapse

Prevention

Groups. Learn

More. Techniques

for Sexual Abuse

Play ...

# Read Online

## Relapse

This book  
assists in  
breaking through  
treatment  
resistance and  
defensiveness.  
Dozens of  
reproducible  
handouts,  
experiential  
activities,  
exercises, self-  
discovery tools  
and more are

Read Online

Relapse

Prevention  
included.

Group Ideas

"Created to meet the unique needs of addiction professionals, this practical resource offers suggestions for effectively using activities in groups. It addresses common issues

# Read Online

## Relapse

### counselors

frequently need  
to discuss with

clients and

provides an

array of "tried  
and true"

techniques and  
exercises

designed to help  
clients develop

interpersonal  
relationship

skills and the



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## Relapse

individual awareness needed to make responsible choices. The accompanying CD-ROM contains all the exercises allowing therapists to customize them to fit their needs"--Provided by publisher.

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## Prevention

Gain a practical perspective on group therapy as a treatment for addiction! As more and more researchers and clinicians recognize group therapy as the primary psychosocial intervention in

# Read Online

## Relapse

the treatment of substance abusers, there is a growing need for a comprehensive resource that places the wide range of theories and ideas about the treatment into practical perspective. The

# Read Online

## Relapse

Group Therapy of Substance Abuse is the first book to bridge the gap between substance abuse treatment and group psychotherapy by presenting expert analyses that address all major schools of thought. The

# Read Online

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Prevention  
Group Ideas

book includes  
clinical  
examples and  
specific  
recommendations  
for treatment  
techniques,  
reflecting a  
variety of  
viewpoints from  
the leading  
clinicians,  
scholars, and  
teachers in the

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Relapse

Prevention  
Group Ideas

field. Because of its therapeutic efficacy and cost effectiveness, group therapy has come to play an increasingly important role as the psychosocial therapy of choice for an

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## Relapse

Prevention-increasing  
numbers of  
patients with  
substance abuse  
disorders. For  
ease of use, The  
Group Therapy of  
Substance Abuse  
is divided into  
several  
sections,  
including a  
discussion of  
the basic

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theoretical approaches on which most group treatments of substance abusers are based; the uses of group treatment approaches in specific treatment settings; and the uses of



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Prevention  
Group Ideas  
group treatment  
with specific  
patient

populations. The  
Group Therapy of  
Substance Abuse  
also includes  
diverse  
perspectives on:  
interpersonal  
and  
psychodynamic  
approaches to  
therapy

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Relapse

cognitive  
behavioral  
Group Ideas  
methods

outpatient,  
inpatient, and p  
artial-  
hospitalization  
groups network  
therapy and  
12-step groups  
treatment of  
gay, lesbian,  
bisexual,  
adolescent, and

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Prevention  
Group Ideas

elderly abusers  
therapeutic  
community groups  
Essential for  
professionals  
who treat  
substance  
abusers, The  
Group Therapy of  
Substance Abuse  
is also an  
excellent  
textbook for  
scholars and

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## Relapse

Prevention  
Group Ideas

students in the mental health field. The book adds depth to the practicing (and soon-to-be practicing) clinician's understanding of how best to address the complex problem of addiction.

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## Relapse

How can the group setting be used to treat those with drug and alcohol problems? Many professionals working across a variety of addictions settings find themselves working in groups and

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## Relapse

tackling complex issues; however, there is often very little initial training or on-the-job support to help them in this challenging task. Principles and Practice of Group Work in Addictions has been written

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## Relapse

with the aim of addressing the key areas in working with drug and alcohol misuse while providing practical solutions to the more common problems that emerge in group work. Drawing on the expertise of

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## Relapse

Prevention  
Group Ideas  
Clinicians who  
work in the  
field of

addictions, this  
book offers  
readers  
practical advice  
for everyday  
practice.

Divided into  
three sections  
it covers: core  
group work in  
addictions



# Read Online

## Relapse

practical issues  
and solutions to  
common problems  
specific issues  
within the field  
of addictions.  
Principles and  
Practice of  
Group Work in  
Addictions is  
illustrated  
throughout with  
practical case  
examples,

*Page 65/110*

# Read Online

## Relapse

providing the reader with an insight into group work in this area. The book will supply guidance for mental health professionals including clinicians, psychologists, nurses and medical staff

# Read Online

## Relapse

Prevention  
Group Ideas

who encounter  
group work in  
addictions for  
the first time,  
as well as  
providing  
further  
knowledge and  
support to those  
who already work  
in the field.

Group

Psychotherapy:

# Read Online

## Relapse

Exercises at Hand is a three-volume series that provides concise, creative, and systematic approaches for beginners and seasoned professionals practicing group psychotherapy sessions. The

# Read Online

## Relapse

customizable  
group session  
models apply and  
improve  
psychotherapy  
techniques by  
employing notes  
based on real-  
world settings.  
Each group  
session model  
provides  
valuable  
suggestions for

# Read Online

## Relapse

### Prevention

group  
interactions,  
therapeutic

interventions,  
and treatments.

The Exercises at  
Hand series

includes  
practical,  
reliable, and  
structured

techniques and  
exercises that  
will enable you

# Read Online

## Relapse

to • implement  
ready-to-use  
exercises in  
both outpatient  
and inpatient  
situations; •  
utilize  
innovative  
exercises for  
group  
psychotherapy  
sessions for  
professionals  
working in

# Read Online

## Relapse

community mental health centers, hospitals, jails, group homes, shelters, or private settings; • conduct group psychotherapy sessions through uniquely organized topics and exercises; • set high



Read Online

Relapse

standards for  
documentation  
using flexible  
and updated  
models of real  
group sessions.

Group

Psychotherapy:

Exercises at

Hand offers some

of the best-

organized

materials

available on the

Read Online

Relapse

Prevention. These  
Group Ideas  
market. These  
volumes present  
an abundant  
collection of  
topics and  
exercises  
designed to  
cover the full  
spectrum of  
group  
psychotherapy.  
Each topic and  
corresponding  
exercise has

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Relapse

Prevention

Group Ideas  
been meticulously created and organized in a logical sequence to make your work as the group leader easy and effective.

Enhance the progress of your patients by helping them

# Read Online

## Relapse

gain better  
understanding  
about themselves  
and make  
positive changes  
in their lives.

This important  
work elucidates  
why relapse is  
so common for  
people  
recovering from  
addictive

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Relapse

Prevention

behavior problems--and what can be done to keep treatment on track. It provides an empirically supported framework for helping people with addictive behavior problems develop

# Read Online

## Relapse

the skills to maintain their treatment goals, even in high-risk situations, and deal effectively with setbacks that occur. The expert contributors clearly identify the obstacles that arise in

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## Relapse

treating  
specific problem  
behaviors,  
review the  
factors that may  
trigger relapse  
at different  
stages of  
recovery, and  
present  
procedures for  
teaching  
effective  
cognitive and

Read Online

Relapse

behavioral

Group Ideas

coping  
strategies.

The leading  
manual on group-  
based treatment  
of substance use  
disorders, this  
highly practical  
book is grounded  
in the  
transtheoretical  
model and



# Read Online

## Relapse

emphasizes the experiential and behavioral

processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act,

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## Relapse

developing and  
executing a  
plan, and  
accomplishing  
other critical  
tasks. The  
expert authors  
provide step-by-  
step guidelines  
for implementing  
the 35  
structured  
sessions, along  
with strategies

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for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts.

Purchasers get access to a Web page where they

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can download and  
print the  
reproducible  
materials. New  
to This Edition  
\*Reflects  
significant  
developments in  
research and  
clinical  
practice. \*Eight  
new sessions  
focusing on the  
brain and

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Prevention use, substance use, gratitude, self-control, Group Ideas mindfulness, acceptance, and more. \*Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. \*41 of the 58 handouts

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are new or  
revised; all are  
now

downloadable.

See also

Substance Abuse

Treatment and

the Stages of

Change, Second

Edition, by

Gerard J.

Connors et al.,

which explores

how the

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transtheoretical  
model can inform  
treatment

planning and  
intervention in  
diverse clinical  
contexts.

A highly  
innovative  
collection of  
activities for

# Read Online

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Prevention  
Group Ideas  
use with groups  
and individuals  
in addiction

treatment  
settings.

Designed to  
creatively  
utilize the mind-  
body connection,  
these activities  
are engaging and  
fun, linked with  
evidence-based  
interventions



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and drawn on emerging brain research, providing a window into reaching clients who may be resistant to traditional talk therapy. Kay Colbert, LCSW, works in private practice in Dallas, Texas,

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Specializing in adult addiction, mental health, trauma, pain management, anxiety, and women's issues.

Roxanna Erickson-Klein, PhD, LPC, works in private practice in Dallas, Texas, and serves on the Board of

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Prevention of the  
Milton H.  
Erickson  
Group Ideas  
Foundation.

The Sober  
Survival Guide -  
How to Free  
Yourself from  
Alcohol Forever  
- By Simon  
Chapple.

Foreword by  
Annie Grace -

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Author of This

Naked Mind -

Group Ideas  
Control Alcohol

Are you tired of

thinking about

drinking? Hands

up if you

believe any of

the following

about drinking

alcohol to be

true: I can't

have fun without

alcohol. Imagine

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## Relapse

going to a party  
without  
drinking! it  
makes me feel  
less anxious or  
depressed; it  
helps me sleep;  
I can't relax  
without it; it  
makes me  
entertaining to  
be around; it  
fits the  
lifestyle of my

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## Relapse

boozy friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me

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## Relapse

worrying about  
how much I'm  
drinking

(ironic, I  
know). If you  
find yourself  
nodding at even  
one of these  
statements, then  
I know how you  
feel. I was a  
heavy daily  
drinker for over  
twenty years, I

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Prevention  
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too used to  
believe that I  
couldn't live  
without alcohol,  
and that once  
I'd had a few  
drinks I was  
funny to be  
around

(hilarious in  
fact). Are you  
too are tired  
and fed up with  
the routine of



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## Relapse

drinking, and  
want to make a  
change and  
improve your  
life? Or you may  
simply be  
curious about  
how an alcohol-  
free life might  
look for you.  
Could it be  
better? Happier?  
Calmer? More  
peaceful?

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Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the

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same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need

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## Relapse

to blame  
yourself for  
finding it hard  
to give up. It  
honestly isn't  
as difficult as  
you might think,  
and this book  
will provide the  
support, tactics  
and advice you  
need as you  
progress on your  
sober journey.

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## Relapse

### The Sober Survival Guide

Group Ideas  
is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you

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## Relapse

want. The first part of the book contains

essential

information for

when you're in

the early stages

of controlling

your drinking.

The second part

serves as a

handbook as you

move forward

into an alcohol-

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## Relapse

free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and

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## Relapse

Prevention questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you



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## Relapse

stop drinking  
but your partner  
won't, and a  
whole lot more.  
With this part  
you can dip in  
and out, picking  
the chapters  
that address the  
problems you're  
facing that day  
or week. This  
unique quit  
alcohol book

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## Relapse

also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and

# Read Online

## Relapse

Prevention  
Group Ideas  
provide you with  
a fun and  
enjoyable read.

Part memoir,  
part sober guide  
and 100% alcohol  
free - The Sober  
Survival Guide  
is perfect for  
anyone looking  
to free  
themselves from  
the grip of  
alcohol. Simon

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Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people

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change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings.

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Join Simon and  
the alcohol  
freedom  
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