

Holiday Relapse Triggers

The Holidays can be joyful and wonderful times with family and friends. They can also be stressful and lonely. Either of those sets of emotions can be dangerous for those trying to recover from drug and alcohol use. Here are some questions that may help you prepare for the weeks ahead.

- 1. Have the holidays been a trigger for you in the past?**
What Happened?
- 2. Who are you spending the holidays with this year?**
So they know you have an issue with drugs and alcohol?
Are there unresolved issues that you have with them that may resurface during this time? (These often lead to a return to use.)
Do they drink and use?
- 3. What activities do you have planned for the holidays?**
Do any of them involve your support group?
- 4. How do you feel during the holidays?**
Busy and happy?
Stressed and overwhelmed?
Sad and lonely?
How will you deal with each of these and stay clean?
- 5. Who are you going to call if you get depressed or feel like using?**
Activities that you can be part of that might make the holidays easier...
Increase contact with your sponsor or the person in your life who cares most whether or not you complete supervision.
Find out what activities are available in your community that does not involve drugs and alcohol. (Tree lighting, visits with Santa or your children, light displays)
Ask family and friends who do not use what they will be doing. Find out what your church has planned.
Keep the hotline number for AA/NA in your wallet and give it to someone who cares about you.