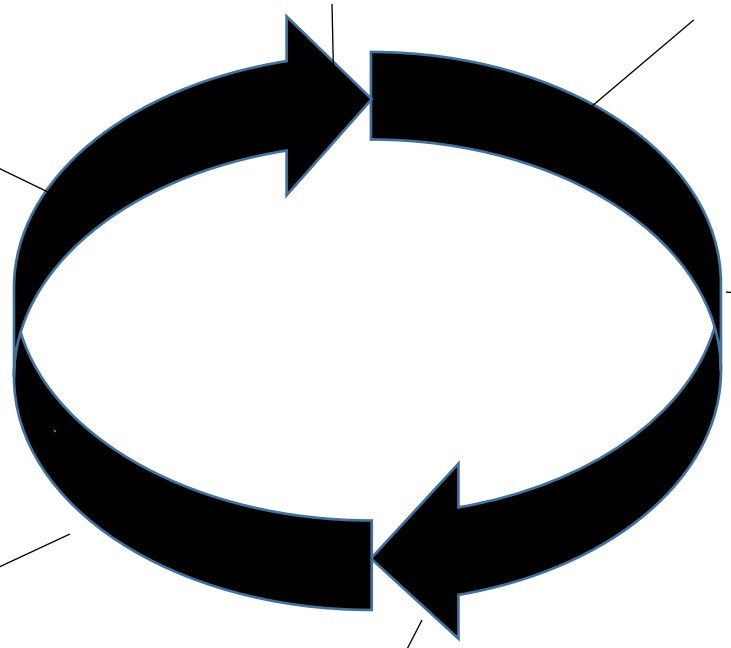
Relapse Cycle for the Family



Recovery

Trust, healthy communication, compromise, self-care, meetings, therapy, support groups, sponsor, family programming, spirituality, and meditation.

Stuck Point / Stressor

High stress lifestyle, uncomfortable emotions, uncomfortable memories, unbalanced relationships, and not reaching out for support, or practicing self-care can be stuck points.

Internal Dysfunction

THINGS THAT NO ONE ELSE CAN SEE

Noticing a difference in emotions, begin to feel anxious, feeling panic, disconnected, irritability, second guessing yourself, thoughts of how you can control your loved one, and emotional imbalance.

External Dysfunction

Losing sleep, headaches, checking receipts, searching belongings, lashing out, following, smelling breath, questioning, driving by the bar, driving by the dealers house, checking cell phones, checking clothes, tracking devices, and random moments of panic.

Option Reduction

Sense of complete desperation and defeat. Poor judgement, feelings of hopelessness and /or unworthiness, increased impulsiveness, an emotional bottom.

Relapse

Not taking care of yourself, only thinking about the addict, neglecting your responsibilities, neglecting other loved ones, avoiding your own emotions, and allowing how others feel, to dictate how you feel.