

Drug Addiction Relapse

Disclaimer: This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

The Five Rules of Recovery¹



Substance Abuse and Mental Health Services Administration's National Helpline is a free, confidential 24/7/365 treatment referral and information service (in English and Spanish) for individuals and families facing mental health issues and/or substance use disorders.
Call: 1-800-662-HELP (4357)

Drug Addiction Relapse (Continued)

The Stages of Relapse¹

Emotional Relapse



When you are focused on your last relapse and don't want to repeat it.

Early signs:

- › Bottling up emotions
- › Cutting yourself off from others
- › Not eating or sleeping well

Mental Relapse



Part of you wants to use, but part of you doesn't. It can feel like you are battling with yourself.

Early signs:

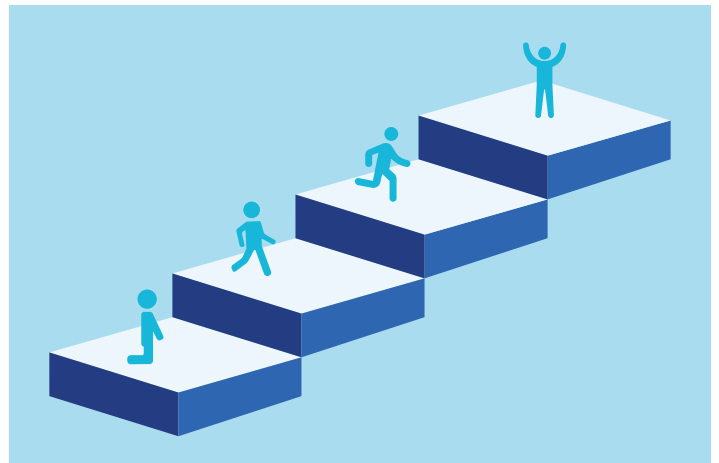
- › Craving drugs or alcohol
- › Bargaining with and lying to those around you
- › Thinking about or planning drug use

Physical Relapse



When you actually use drugs again. Most relapses take place when you think you won't get caught. Talk to your provider about making a backup plan.

Recovering from addiction is hard. Relapse may happen. Don't let setbacks get you down. If you are thinking about drug use, your health care team can help.



References

1. Melemis SM. Relapse Prevention and the Five Rules of Recovery. *Yale J Biol Med.* 2015;88(3):325-332. Published September 3, 2015. Accessed September 2023. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654/pdf/yjbm.88.3.325.pdf>