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Relapse Prevention Group
Areas Addressed in Group Sessions

Understanding Addiction

- Bio-psycho-social disease
- Important characteristics of addiction
- Personal and social implications
- Maximizing the likelihood of treatment being successful

Recovery as a Developmental Process

- Beliefs that help make recovery possible
- Stages of recovery and recovery tasks in each stage
- Coping with stuck points in recovery
- Contrasting recovery and relapse

Keeping It Simple

- Living in the present-just for today
- Keeping recovery top priority
- Attitude of gratitude

Paying Attention to Thoughts, Feelings and Actions

- Increasing awareness of inner experience
- Using feelings as teachers
- Changing self-defeating, irrational thinking
- Being responsible and accountable

Recovery Principles and Skills

- Developing a solid foundation for recovery
- Recovery principles and skills that help to create a happy life
- Spiritual principles of the 12 Steps and applying those to daily living
- Managing stress

Having Fun

- Living and enjoying life without having to use alcohol or other drugs
- Not taking life too seriously
- Fun is the one thing that money can't buy

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Identification of Relapse Warning Signs, Triggers and Character Defects

- How to differentiate between a warning sign, a trigger and a character defect
- Bringing subconscious awareness into conscious awareness
- Stages of relapse warning sign development
- Identifying and communicating about indicators that recovery is in trouble

Management of Relapse Warning Signs, Triggers and Character Defects

- Having specific management plans for identified relapse warning signs
- Extinguishing triggers
- Applying spiritual principles in place of character defects

High Risk Situations and Their Management

- Identification of situations that put recovery at risk
- Strategies for successfully managing high risk situations
- Tools to help identify which strategy to use for particular high risk situations

Recovery As a Way of Life

- Developing an identity as a recovering person
- Seeking and finding meaning and purpose in life
- Enjoying the Journey

Full benefit from the Relapse Prevention Group will be derived by attending all sessions of this twelve-session series and completing homework assignments. Please call for an initial assessment before attending for the first time. The Relapse Prevention Group is an educational group in which participation is encouraged. The group is held on Wednesday evenings from 6:00 pm until 7:15 pm.

Wednesday Group is held at the Safety Net office on Wednesday evenings starting at 6:00 pm. This is a men's group.

**Safety Net office address:
Highlands Grove Office Park
3656 Highlands Parkway
Smyrna, GA 30082**

After turning into office park, take a sharp right then follow road around to the left and go to the last building on the left. Group is in the left-hand side of the two office entrances.

**Initial Individual Session is \$120
Groups are \$75 per group
Reduced group rates for Safety Net current residents.**