

# 9 Ways to Prevent Relapse After Alcohol Addiction Treatment

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If you have recently completed an alcohol addiction treatment program, congratulations on taking the first step to regain control of your life! But to ensure lasting success and maintain sobriety, relapse prevention is key. With dedication and perseverance, it's possible to stay away from alcohol for good!

Here are 9 effective ways that can help those in recovery avoid a relapse – tips that will give you the tools and strength needed to make positive changes and build a brand new future without alcoholism.

## Create a relapse prevention plan

This plan should include specific steps that can be taken if you find yourself in a situation where you feel tempted to use it again. For example, you may want to outline a list of activities that you can engage in to distract yourself from the temptation to use.

You may also want to identify triggers that may lead to relapse, as well as how to avoid or manage these triggers. Additionally, it is helpful to have a support system in place, whether it be through a therapist, support group, or loved ones who can be there for you during times of need.

## Rely on your support system

It is important to remember that you do not have to go through it alone. You can rely on your friends and family to be there for you when you feel tempted to drink again. Their encouragement, understanding, and positivity can help you stay on the right path.

Additionally, seeking the [help of a therapist or counselor](#) can also provide you with the tools and coping strategies needed to conquer your addiction.

## Avoid high-risk situations

When you're in recovery from addiction, one of the most important things you can do is avoid high-risk situations. These include places where alcohol is served or where you used to drink. Understandably, you may feel hesitant about giving up certain social activities, but removing yourself from these situations can help you stay sober.

Instead, focus on finding new hobbies and activities that don't involve alcohol or drugs. This way, you can fill your time with meaningful and fulfilling experiences that support your recovery.

## Find other activities to fill up your time

It's easy to fall into the trap of filling our free time with drinking or other substance-related activities. But what if we took a step back and explored other options? Perhaps taking up a new hobby like painting playing an instrument, joining a local sports team to keep active, or volunteering at a nearby shelter or community center.

These activities can not only fill our time but also provide a sense of purpose and accomplishment. So why not give it a try? Who knows, you might just find a new passion that you never even knew existed.

## Seek out professional help if needed

When it comes to taking care of our mental health, seeking professional help may not always be the easiest step to take, but it is often the most essential. Therapy and 12-step programs can be incredibly helpful resources for those struggling with addiction, anxiety, depression, and various other mental health issues.

It's important to remember that there is no shame in needing help, and seeking out professional assistance is a brave and necessary step towards recovery. Whether it's reaching out to a licensed therapist or finding a local support group, there are [resources available](#) to help us navigate difficult times and find the healing we need.

## Understand your triggers and be aware of them so you can avoid them

We all have triggers. It could be a certain smell that brings back memories or a particular sound that makes us feel like we're back in an uncomfortable situation. Being aware of what triggers us is an important part of self-care.

If we know what sets us off, we can take steps to avoid those triggers or manage them better when they come up. This can be especially useful if we have experienced trauma or are dealing with mental health issues like anxiety or depression.

## Take care of yourself by getting enough sleep and eating a healthy diet

One of the most important aspects of self-care is managing your sleep and diet. Getting enough sleep each night is essential for recharging your body and brain. A good night's rest can improve memory, mood, and concentration.

Additionally, fueling your body with a healthy diet can provide the necessary nutrients to sustain optimal physical and mental health. Eating a balanced diet with plenty of fruits, vegetables, lean proteins, and whole grains can boost energy levels and decrease the risk of chronic diseases.

## Track your progress and have accountability partners

By measuring our success over a specific period, we can see patterns, identify what works and what doesn't, and then adjust our approach accordingly. However, progress tracking can be tricky; it's easy to lose focus, give up, or fall behind.

That's where accountability partners come in. Having someone to hold you accountable, encourage you, and keep you motivated can make all the difference. Find a friend, mentor, or coach who can support you through the process, giving you that extra push when you need it.

## Contact Grand Falls Center for Recovery Today

For those in the Grand Falls area looking for additional support, we highly recommend [contacting the Grand Falls Center for Recovery](#). We are [experienced](#) in helping people achieve and maintain sobriety, so don't hesitate to get the assistance you need to sustain your recovery efforts.

Remember that one addiction does not have to define your life – with the right help, it's completely possible to make your journey back toward sustained wellness and joy!

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