



PREVENTING LAPSE AND RELAPSE

When Dealing with Angry Moments



WHAT'S THE DIFFERENCE?



Lapse

A Lapse is like a fender bender. Accidents happen and you move on to pay attention to your driving.

Relapse

A Relapse is like a fender bender at every intersection, even though you are a skilled driver.

WHAT MIGHT THIS FEEL LIKE?

- HALT (Hungry, Angry, Lonely, Tired)
- Being dishonest, unassertive, or untrusting of others
- Feelings of anxiety, depression, or guilt
- Intense thoughts of feeling alone, unsupported, and abandoned
- Obsessive thoughts of past hurts or vengeance
- Fear of living without the comfort of the angry feelings that have become normal
- Changes in eating and sleeping patterns and personal hygiene
- Engaging in excessive behaviours involving alcohol, gambling and gaming, overeating, overworking, and other risky behaviours

WHAT CAN I DO?

- Know your triggers and limits
 - Be aware of how you might trigger others
 - Use coping thoughts
 - Use the time-out skill if necessary
 - Use good listening skills
 - Use assertive communication skills
 - Prepare ahead for trigger situations
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RELAPSE PREVENTION CHECKLIST

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| <input type="checkbox"/> Know your early warning signs (how are you feeling) | <input type="checkbox"/> Control alcohol and substance use |
| <input type="checkbox"/> Catch your thinking errors | <input type="checkbox"/> Use your social support system |
| <input type="checkbox"/> Take time out | <input type="checkbox"/> Learn more about stress management and maintaining good eating and sleep habits |
| <input type="checkbox"/> Use coping thoughts | <input type="checkbox"/> Anticipate obstacles to change |
| <input type="checkbox"/> Use visualization or relaxation techniques | <input type="checkbox"/> Be confident in your ability to change |
| <input type="checkbox"/> Challenge your beliefs | <input type="checkbox"/> Take credit for change – Be the new me with skills vs. the old me with old thinking |
| <input type="checkbox"/> View an anger generating situation as a problem to solve | <input type="checkbox"/> Ask for help before you really need it |
| <input type="checkbox"/> Rehearse how to handle difficult situations | |
| <input type="checkbox"/> Practice perspective-taking | |
| <input type="checkbox"/> Use Forgiveness when appropriate | |
| <input type="checkbox"/> Use problem solving skills | |
| <input type="checkbox"/> Use assertive communication with “I” statements | |

(Adapted from Meichenbaum, 2001)

WHO CAN I REACH OUT TO?

**Health Promotion
Managing Angry Moments, and
Stress.calm programs:**

902-722-4956

Chaplains:

1-866-502-2203

**CFMAP
(CAF Member Assistance program):**

1-800-268-7708

FIL (Family Information Line):

1-800-866-4546



cafconnection.ca/Halifax/HP