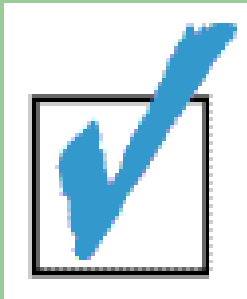


RELAPSE System-Bouncing Back from Reverting to Old Unhealthy Habits

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





RELAPSE System

- **RECOGNIZE**
- **EXERCISE**
- **LEARN**
- **ACT**
- **PROTECT**
- **SUPPORT**
- **EVALUATE**

RELAPSE System

Relapse
Event



Recognize
Escape
Learn
Act
Protect
Support
Evaluate



Back on
Wagon of
Recovery



Recognize

- Recognize when you are in relapse & gone back into the old pattern of unhealthy thinking, feeling and acting
- Identify what is “sick” in your current thinking, emotions & actions

Journal work:

- What thoughts do you need to keep from coming back into your head, which would cause you to think in an unhealthy way about your old unhealthy habits?



Escape

- Escape – Use the ALERT system to assess, brainstorm, organize, relax & take action to escape from your current relapse of thinking, emotions or actions

Journal work:

- What feelings come over you, which can lead to unhealthy or “sick” emotions, which could result in you experiencing a relapse event such as resorting back to old unhealthy habits?



Learn

- Learn – once you have escaped your relapsing thoughts, emotions and/or actions, you need to learn what variables led to this relapse event

Journal work:

- What actions do you fall into which end up leading to relapse events with reverting back to old unhealthy habits?



Act

- Act – Once you learn what leads to your relapse events you need to make plans and act to modify your current efforts at recovery by fine-tuning your thoughts, emotions & actions

Journal work:

- Name triggers which lead to your desire to relapse with reverting back to your old unhealthy habits:



Protect

- Protect – to keep yourself from repeating relapse events you need to protect yourself by developing new self-affirmations & self-scripts which recognize it is human to fall back into old habits of thoughts, emotions and actions & to **GET BACK ON THE WAGON OF RECOVERY**

Journal work:

- What affirmations do you need which can keep you from relapsing back to your old unhealthy habits



Support

- Support – seek support from your friends & teammates & review what happened in your relapse events & sort out what you need to change or modify in your recovery efforts to avoid such relapse events in the future

Recovery work:

- Identify people who will be great support people who will help you from relapsing in your return to old unhealthy habits.



Evaluate

- Evaluate – continuously evaluate your thoughts, emotions and actions for old “sick” patterns – keep vigilant & alert for signs potential relapse

Journal Work:

- How well am I doing in my recovery efforts & what changes do I need to make to insure that I do not relapse as I proceed in my journey to attain as optimal health as possible.