Staying Sober Workbook: A Serious Solution for the Problems of Relapse
by Terence T. Gorski

My Personal Review:
From back cover:

This new, revised version of The Staying Sober Workbook treats the problem of relapse as what it really is: the most serious problem facing recovering people and the addiction field. Serious problems require serious solutions.

The Staying Sober Workbook presents a practical method for relapse prevention - a method in use since 1988 when the first workbook was published and field tested by hundreds of Certified Relapse Prevention Specialists in their work with recovering clients.

[This book] presents a practical and proven method for relapse prevention. It is not a quick fix or a magic bullet for the problem of relapse. It is a serious guide for relapse prevention that requires time, energy and is especially helpful when used under the guidance of trained professionals.

From Introduction:

Most people relapse because they don't understand what relapse is and how to prevent it. With a relapse prevention plan you can identify early warning signs that lead to relapse and learn to manage these warning signs while sober. This workbook is to be used as a supplement to Staying Sober: A Guide For Relapse Prevention by Terence T. Gorski and Merlene Miller.

Relapse is a process that begins long before people start drinking or drugging. Most people return to alcohol and drug use because they experience a sequence of problems which causes them to become so
dysfunctional in sobriety that a return to chemical use seems like a reasonable choice. The pathway into dysfunction includes changes in attitudes, thoughts, feelings, and behaviors. These changes are often referred to as stinking thinking or building up to drink.

You may never use alcohol or other drugs and still be a victim of the relapse process. You can become dysfunctional in sobriety without using alcohol or other drugs. In AA this is called a dry drunk. These dry drunks should always be taken seriously because they can lead to wet drunks.

You can interrupt the relapse process before you start using alcohol and drugs if you learn to recognize the warning signs that indicate that you are moving away from recovery and toward relapse.

Relapse prevention planning is for persons who have accepted the fact that they are suffering from an addictive disease and can no longer control the use of alcohol or other drugs. It is intended to complement, not replace, other self-help groups and regular alcoholism or drug dependence treatment or counseling.

When you have finished this workbook you will have a plan to help you progress in recovery and avoid relapse. You may use the workbook alone, with a counselor, or with a group.

Workbook Exercises include:

* Stabilization Checklist
* Self-Assessment of Treatment Need
* Recovery Program Evaluation Worksheets
* Post Acute Withdrawl (PAW) Self-Evaluation
* Immediate Relapse Prevention Plan
* Immediate High-Risk Solutions
* Immediate Relapse Prevention Plans
* Relapse Early Intervention Worksheet
* Challenging Relapse Justifications (w/worksheets)
* Life and Addiction History Worksheet & Documentation Form
* The Relapse Calendar
* The Relapse Episode List
* Relapse Episode Analysis
* The Causes of Relapse
* The External & Internal Causes of Relapse
* Combined Causes of Relapse

II - Warning Sign Identification
* Relapse Education (w/ self-test)
* Relapse Warning Sign Review Sheet
* Initial Warning Sign List
* Intro to Warning Sign Analysis
* Reactions to Warning Sign Analysis
* Sentence Completion
* The Final Warning List
* Identifying Critical Warning Signs

III - Managing Warning Signs
* Warning Sign Identification Cards
* High Risk Thought & Feelings Lists

IV. Recovery Planning

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