

How to Stay Positive When Recovery Gets Tough

A Guide to Handling Relapse, Finding Support, and
Staying on Track



Recreate Behavioral Health Network

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We've all heard it before: "Just be more positive!" "If you focus on the good, good things will come your way," "Smile! Life is too short to be unhappy."

While these phrases are often well-intentioned, they can fail to provide the practical support we need in the face of hopelessness and despair. They make us think that if we're not constantly looking on the bright side, we're doing something wrong, that our struggles aren't valid or that we're not trying "hard enough" to get better.

These sentiments can feel even worse when battling addiction where you're already caught in a fight within yourself, filled with shame and guilt. Telling someone to "just think positive" only adds to that inner pressure, making it harder to confront the issue.

We're here to challenge the common perspective on positivity and explore a more realistic approach to navigating difficult times during addiction recovery.

In this eBook, you'll learn:

- What positivity actually means
- The science of positivity
- What to expect during recovery
- How to stay motivated during recovery
- Triggers and how to identify them
- What to do when triggers strike





What's Included In This Guide

1. Key takeaways
2. Chapter 1: Understanding Positivity in Recovery
3. Chapter 2: The Road to Recovery: What to Expect and How to Stay
4. Chapter 3: Overcoming Triggers During Addiction Recovery
5. Chapter 4: What To Do During a Relapse (and How to Prevent It))
6. Chapter 5: Daily Habits to Cultivate Positivity



Key Takeaways

The content in this eBook can be a lot to take in, especially for those in recovery. Here's a summary of key points along with page numbers where each topic is discussed in greater detail.

- Positivity is a skill that can be developed rather than an inherent trait. It involves choosing how to respond to situations and finding constructive ways to navigate challenges.
- Maintaining a positive outlook can enhance emotional resilience and overall well-being by stimulating neurotransmitters like dopamine and serotonin. Positive thinking is linked to various health benefits, including lower stress levels and improved immune function.
- Recovery from addiction is challenging and often involves mood swings, withdrawal symptoms, and feelings of disconnection. Understanding what to expect can help you prepare mentally for the journey.
- Recognizing triggers involves reflecting on past experiences and emotional responses. Keeping a log of triggers can help track patterns and prepare for future encounters.
- Relapse is a common part of recovery; over 85% of individuals relapse in their first year. People in recovery should learn to view it as a temporary setback rather than a failure

Chapter 1: Understanding Positivity in Recovery

What Does Positivity Really Mean?

Oxford Dictionary defines positivity as “the practice of being or tendency to be positive or optimistic in attitude.”

At face value, that doesn't really give us anything to work on. Positivity is being positive –just like productivity means being productive, and creativity means being creative. It's a definition that loops in on itself without offering much clarity.

However, there's one specific word I want you to focus on when reading the definition. Positivity is the practice of being positive. That's right–positivity isn't a personality quirk or something you're born with. It's a skill you get better at the more you do it, no different than playing the piano or public speaking. It's not something you are; it's something you do

The Power of Positive Thinking in Mental Health

The practice of positive thinking isn't anything new. The idea of changing your reality with thoughts is one of the cornerstones of Christianity and Buddhism, dating back thousands of years. It's also the driving force of Cognitive Behavioral Therapy (CBT) and other scientifically backed models, like Positive Psychology and Mindfulness-Based Stress Reduction (MBSR).

Considering how prevalent CBT is in the treatment of mental health disorders, one can't dispute the power of positive thinking.

Yet, viewing the world positively can feel nearly impossible when faced with depression, loss, or a spiraling addiction.

When you're at your lowest, the last thing you need to hear is someone telling you to "look at the glass half full." You don't want a half-full glass. You don't even have a functioning glass to begin with. It's shattered, broken, and lost in the sea with other well-meaning—but entirely superficial—metaphors.

But that's the thing about positivity; it isn't about seeing the good in everything. In fact, too much positivity can turn into toxic positivity, a harmful belief that people should maintain a positive mindset no matter how difficult the situation is.

Positivity just means approaching a bad situation more productively—looking beyond the crisis rather than being consumed by it.

The Science of Positivity

Countless studies have found that positivity and maintaining an optimistic outlook can significantly impact brain chemistry, emotional resilience, and overall well-being. It stimulates neurotransmitters like dopamine, serotonin, and oxytocin, “feel-good” chemicals that contribute to focus, alertness, happiness, and motivation.

A 2021 study published in [Neuroscience & Biobehavioral Reviews](#) showed that people with a naturally optimistic mindset had greater activity in the brain's prefrontal cortex and amygdala, areas linked to emotional regulation and decision-making.

There's also a strong link between positive thinking and health—research from [Johns Hopkins University](#) found that people with a family history of heart disease were one-third less likely to experience heart attacks or cardiovascular events over 5 to 25 years if they had a positive outlook.

Here are the other health benefits of positive thinking:

- Increased life span
- Lower levels of distress and pain
- Lower relapse rates
- Reduced stress and anxiety
- Strong self-control
- Better coping skills
- Reduced risk of death from respiratory conditions
- Improved sleep quality
- Boosted immune function
- Reduced risk of death from cancer
- Consistent attitude with fewer mood swings



Breaking the Myths

Positive thinking is often misunderstood. Many people believe it means ignoring problems, always staying happy, or pretending that everything is perfect.

But that's exactly the opposite of positive thinking. Positivity isn't living in a state of constant cheerfulness—humans are filled with emotions, and denying the negative ones means denying our humanity. It's about choosing how to respond and finding the good, even in tough situations.

Let's break down some common misconceptions about positive thinking and explore what it truly means to adopt a positive outlook.

“Positive thinking is only for 'naturally optimistic' people.”

False. Anyone can develop a positive mindset with practice and effort. Positivity isn't an inherent trait; it's a skill that you can practice.

The more you practice positive habits—such as gratitude journaling, surrounding yourself with uplifting influences, or speaking kindly to yourself—the easier it becomes to maintain an optimistic outlook.

“Positive psychology ignores or doesn't value negative emotions.”

False. Positive psychology acknowledges and recognizes all emotions, including negative ones. It doesn't suppress negative feelings and instead shows us how to cultivate positive emotions alongside them.

“If you're not positive, you're failing.”

False. No one is positive all the time. Positive thinking is a practice, and it's okay to experience negative emotions. The key is learning how to handle those emotions and bounce back.

“As long as you think positively, your problems will go away naturally.”

False. Positivity isn't a magical fix. While it's true that our thoughts have the power to shape our behavior, they can't influence the outcome of the weather, a work interview, or winning lottery numbers. Positive psychology encourages taking action, not just relying on thoughts.

“Positive thinking is easy. Just smile, and everything will be okay!”

False. Positive thinking is a skill that requires practice, effort, and a shift in mindset.



It's difficult to stay positive when you're facing a bad situation because your brain automatically matches your mindset to your physical state.

When you're overwhelmed with stress, cortisol levels rise, which can lead to feelings of anxiety and negativity. This then creates a cycle where negative thoughts exacerbate physical discomfort, making it even harder to maintain a positive outlook.

Positive thinking means actively breaking that cycle.

Chapter 2: The Road to Recovery: What to Expect and How to Stay Motivated

What to Expect During Recovery

Recovering from addiction is far from easy. In fact, it might be one of the hardest challenges an individual can face. It's full of high highs and low lows, mood swings and uncontrollable outbursts of emotion. You'll also have to deal with withdrawals, which can quite literally be debilitating.

Worst of all, recovery can take years. On average, it takes two years for the symptoms of PAWS (Post Acute Withdrawal Syndrome) to pass—and many of these symptoms are troubling, like the inability to think clearly, lapses in memory, sleep disturbances, and, perhaps the most troubling, problems in coordination.

These symptoms can make one feel that although progress is being made, the challenges that come with it are insurmountable. This can lead to feelings of frustration and despair, making it tempting to revert to substance use as a coping mechanism.

With that said, recovery is the best thing you can do for your health, your loved ones, and your future. Knowing what to expect during recovery can help you mentally prepare for the challenges to come, and also let you know that what you're feeling—whether it's anxiety, stress, or despair—is completely normal.

Here's what to expect during the first few months of recovery:

- You'll Have Trouble Sleeping
- You'll Feel Disconnected From People and Reality
- You'll Feel Sad, Even If You Don't Have Reason To
- You'll Feel Sick
- You May Have to Face Past Trauma



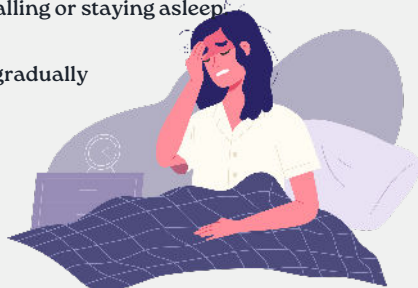
You'll Have Trouble Sleeping

If you already had trouble sleeping before, you may find it even more challenging during recovery.

Drugs and alcohol disrupt your body's natural sleep rhythm, so you're either sleeping for hours on end or staying awake longer than you should.

Without the influence of substances, your body has to relearn how to maintain a healthy sleep cycle. This can result in difficulty falling or staying asleep.

The good news is that, with time, your body will gradually adjust and restore a natural sleeping pattern.



Here's how to help with difficulty sleeping during recovery:

- **Avoid sleeping pills as they can disrupt the body's natural ability to regulate sleep.** Opt for natural alternatives instead, like chamomile tea, warm milk, or lavender tea.
- **Establish a sleeping routine.** For example, wind down at least an hour before bed by reading a book, practicing deep breathing, or taking a warm bath.
- **Go to bed and wake up at the same time every day, even on weekends.**
- **Avoid caffeine and nicotine in the afternoon and evening as they can interfere with your ability to fall asleep.**
- **Avoid using electronics like phones, tablets, or computers at least an hour before bed.** The blue light emitted can interfere with melatonin production, making it harder to fall asleep.
- **Regular physical activity can promote deeper sleep.** Just be sure to finish exercising a few hours before bed, as working out too close to bedtime can make falling asleep more difficult.

You'll Feel Disconnected From People and Reality

Addiction is isolating. It changes the nature of your relationships with yourself and the people you love. Many completely withdraw from their friends and family to either hang out with others who are also using or isolate themselves because they don't want to be judged.

This detachment can make recovery even more challenging because it separates you from the support system that could help you heal.

During recovery, you may have trouble relating to other people or building back relationships you once lost. You may have trouble trusting or understanding people's motivations, and feel like no one truly understands what you're going through.

Camaraderie and shared understanding can help break down the walls of isolation. It reminds you that you're not alone.



Here are other practices to prevent disconnection:

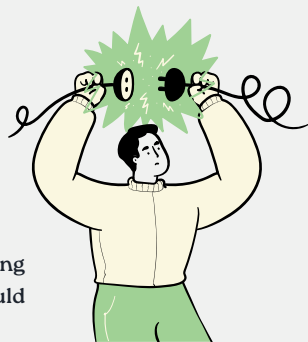
- **Don't lock yourself in your home.** Make an effort to go out, even if it's just sitting on the park bench or walking around the neighborhood.
- **Take a class or subject that interests you, or join a group related to your hobbies.** Many community centers, parks, or local organizations offer free classes in various activities like yoga, art, or even cooking. You can also attend clubs like book clubs, sports teams, and hiking groups, where the goal is socializing and having fun.
- **Make the extra effort to socialize with friends and family.** Accept dinner invites, attend gatherings, and join in on casual outings, even when it feels like it's the last thing you want to do. It's also a good idea to initiate; reach out to friends and family and ask them if they want to grab a coffee or watch a movie.

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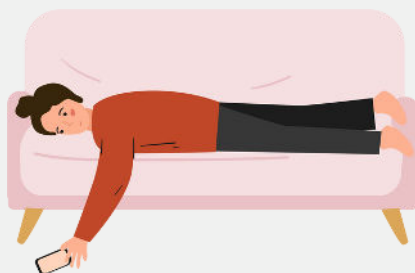
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You'll Feel Sad, Even If You Don't Have Reason To

Addiction hijacks your brain's reward system. Over time, your brain becomes so accustomed to the rush of pleasure it gets from substances that it struggles to feel happiness or satisfaction from everyday experiences.

And when you stop using, your brain ceases the production of “feel good” hormones, leading to feelings of emptiness or sadness. You'll struggle to feel happiness and pleasure, and the hobbies you used to find so enjoyable before now feel insignificant and a waste of time.

But the awesome thing about our bodies is that it can heal itself. As with insomnia, your brain chemistry will slowly but surely return to its “default” state. It'll eventually relearn to experience joy in everyday activities without the need for substances.



Here's how to promote faster healing:

- **Spend time with loved ones.** You don't have to have long conversations; just being in their presence can make a big difference. Sit together, share a meal, or enjoy a quiet activity to combat feelings of loneliness.
- **Exercise every day.** Exercise can alleviate the psychological and physical symptoms associated with withdrawal, including depression, anxiety, and irritability, by triggering the release of dopamine.
- **Keep yourself busy.** The last thing you want to do is to spend your days sleeping or scrolling endlessly through social media. Pick up old hobbies or start new ones. There are hundreds of free lessons online to get you started.

You'll Feel Sick

Extremely sick. Not only because of the withdrawal—though that's a big part of it—but also because addiction destroys the body, and you're now facing the consequences of that damage.

There are over 200 diseases linked to substance abuse, including cancer, HIV/AIDs, cardiovascular disease, hepatitis B and hepatitis C, stroke, and lung disease, according to the [World Health Organization](#).

When you're actively using harmful substances, the body 'masks' the negative effects of these diseases. Drugs and alcohol numb physical and emotional pain, making you feel temporarily better. In other words, you're too drunk or high to feel sick.

This is why many people struggling with addiction feel the need to constantly use.

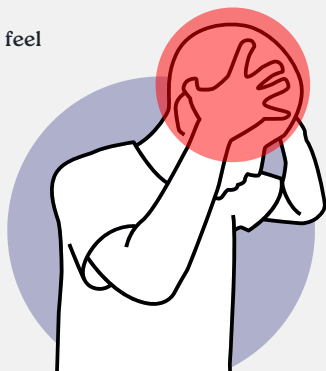
When they stop, they feel terrible because their body is no longer masking the negative effects of the substances.

What they don't realize is that the substances themselves are causing all these negative symptoms.

Without substances running through your veins, you'll become more aware of how your body feels.

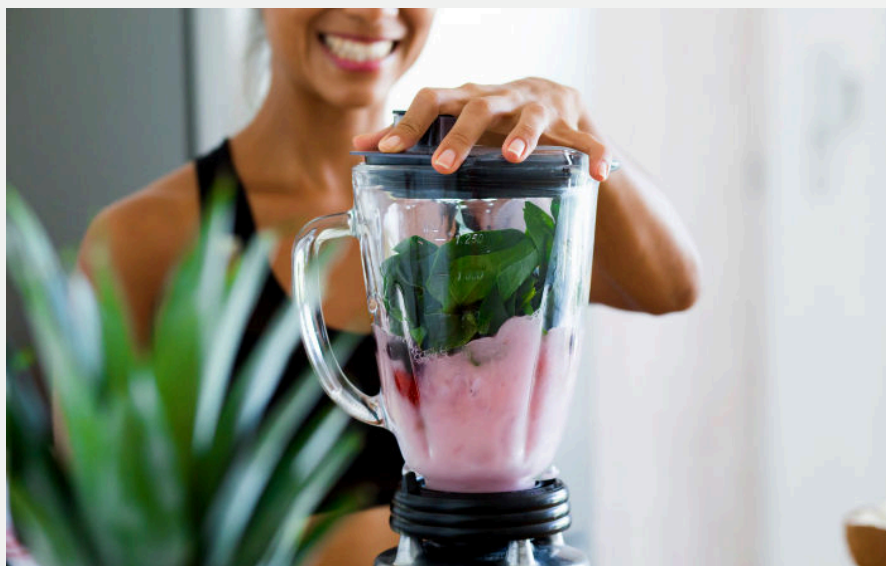
You'll get headaches, muscle pain, fatigue, and symptoms related to the damage caused by long-term addiction like breathing issues, digestive problems, skin issues, and heart palpitations. These symptoms can happen at once or gradually, and they often get worse as the body tries to manage the loss of its usual coping mechanisms.

Fortunately, these symptoms often subside as the body begins to restore its natural balance. It may take years to feel 'normal' again—i.e., living without constant headaches, muscle pain, and fatigue—but you'll get there eventually.



Here are some tips to make you feel better during this trying time:

- **Eat healthy foods.** Avoid foods with too much salt, sugar, and fat. Substance abuse depletes the body of its vitamins, nutrients, and minerals. You need to eat good food to regain what you've lost.
- **Exercise regularly.** Substance abuse weakens the body, causing muscles to deteriorate. Regular exercise helps rebuild muscle mass, improve endurance, and restore energy levels.
- **Stay hydrated.** Proper hydration supports the body's detox process and alleviates headaches and fatigue.
- **Get enough sleep—at least eight hours a day—to help the body repair and recharge.**
- **Take vitamin supplements (at the recommendation of your doctor).** Supplements can help replenish nutrients depleted by substance use, aiding in physical recovery.
- **Get a full body examination.** A medical professional will assess your overall health, identify any underlying issues caused by substance use, and recommend a treatment plan to address physical symptoms.



You May Have to Face Past Trauma

According to studies, a staggering 70% of people with substance use disorder have a history of trauma.

Though shocking, it isn't entirely surprising—after all, many people abuse substances because they offer a temporary escape from the painful realities of life.

Trauma can stem from anything, from childhood neglect and physical/sexual assault to a serious accident or major illness. It could even result from a painful breakup or a natural disaster that significantly affected your life.

If you're aware of your trauma, then you're already on the right path of healing. But for some people, the trauma is buried deep within, and they may not even realize how it's affecting their behavior and decisions until a professional points it out.

There's no easy way to deal with trauma. It isn't something you can ignore and hope will disappear. This is why therapy and recovery often go hand in hand. It provides a safe space to explore unresolved trauma, understand its impact, and develop a healthier coping mechanism—one that doesn't involve the use of substances to cope.

We at Recreate Behavioral Health can help you navigate these challenges in a supportive environment. Our team is dedicated to helping you address trauma, build coping strategies, and develop the tools needed for lasting recovery.



Setting Realistic Expectations: How Long Does Recovery Take?

Recovery isn't linear. Some days may feel like progress while others feel like setbacks. It may take months to recover, or it may take years. The worse the addiction, the longer it'll take for your body and mind to heal.

Generally, the 'maintenance' stage—the fifth and last stage of addiction recovery—can last anywhere between six months to five years, depending on the severity of the addiction.

Overcoming addiction in six months is rare but possible with the right treatment and commitment. However, for most people, it can take two to five years to truly break the habit.

Here are the factors that influence the length of recovery:

- Type of substance abused
- How long you've been taking the substance
- Your overall state of health
- How much of the substance you regularly took
- Whether you have any co-occurring mental illness
- Your support network
- Your genes
- Your environment
- Type of treatment
- Amount of damage to your brain structure



Here's a table with general timelines for addiction recovery based on the substance used.

Remember that these timelines can differ widely based on individual circumstances.

Substance	Acute Withdrawal Duration	Post-Acute Symptoms Duration (PAWS)	Overall Recovery Timeline
Alcohol	5 to 10 days	Weeks to 6 months	1 to 2 years
Opioids (e.g., heroin, prescription painkillers)	7 to 10 days	6 months to 2 years	1 to 5+ years
Benzodiazepines (e.g., Xanax, Valium)	Weeks to months (gradual tapering needed)	1 to 2 years	1 to 5+ years
Cocaine	1 to 2 weeks	6 months to 1 year	1 to 2 years
Methamphetamine	7 to 10 days	6 months to 2 years	1 to 5 years
Marijuana	7 to 14 days	Up to 6 months	1 year
Ecstasy (MDMA)	3 to 7 days	Weeks to months	6 months to 1 year
Hallucinogens (e.g., LSD, psilocybin)	No withdrawal symptoms for classical hallucinogens (LSD, DMT, psilocybin). 3 to 7 days for dissociative hallucinogens (PCP, ketamine, DXM)	Several weeks	6 months + for dissociative hallucinogens

Staying Motivated During Recovery

Recovery is tough, and staying motivated can feel like a constant tug of war—one that you're on the verge of losing. But remember, letting go isn't the answer. You're on this road for a reason; for a better life, a better future, and a better you.



Here are some ways to stay positive and motivated during recovery:

- **Remind yourself why you're doing this.** Is it for your kids, your parents, or your partner? Maybe it's for your health, your future, or simply to reclaim control over your life. Your reason can help you stay focused and push through tough moments.
- **Surround yourself with people who are going through the same thing.** Support groups like AA, NA, and SMART Recovery remind you that healing, though challenging, is achievable. They provide a sense of community and understanding, showing you that you're not alone.
- **Practice good habits.** Sleep on time, eat healthy foods, and exercise regularly. Keep your house clean and take your medications on time. These habits contribute to the betterment of your physical and mental well-being.
- **Set small, achievable goals.** You don't need to jump into big changes all at once. For example, you can start by exercising for 10 minutes a day, then increase it to 15, and so on. Apply this gradual approach to your goals, like eating healthier or maintaining a hobby.

- **Maintain a routine.** Sleep and wake up at the same time, eat at the same time, and do certain chores on certain days of the week. Having a routine gives stability and helps you take control of your day.
- **Reward yourself for every step forward.** For example, buy yourself a cake for being 90 days sober, or completing a particularly difficult session.
- **Surround yourself with people you love.** Spend time with your loved ones, and connect with old friends who have had a positive impact on your life.
- **Look for new hobbies.** Creative hobbies like crocheting, painting, or writing can be therapeutic and fun. Physical activities, like hiking, horseback riding, and swimming, can boost your mood. Find any activity that helps you let loose and have fun.
- **Consider volunteer work.** Volunteering can help you connect with new people and make you feel good about the work you do. Giving back to the community can give you a sense of purpose. Also, seeing other people smile and thank you for your help can increase your confidence.



Chapter 3: Overcoming Triggers During Addiction Recovery

Let's Talk Triggers

Recognizing triggers is the first step toward managing them effectively.

A trigger is a situation, item, person, place, or feeling that brings back memories of an addiction.

It can be as obvious as seeing an old drinking buddy or as subtle as hearing a song that played during past substance use. It can be a scent, a word, or even an image.

It can come at the most random moments, like when exercising or trying to have fun, or during therapy as you process emotions and experiences.



Triggers are generally divided into two categories: internal triggers and external triggers.

Internal triggers are thoughts, emotions, feelings, and memories that make a person want to use. Most of the time, internal triggers aren't something you can control or avoid.

Meanwhile, **external triggers** are places, people, things, locations, activities, smells, events, and images that make a person want to go back to their old habits.

Unlike internal triggers, external triggers are often avoidable. For example, a person in recovery can end relationships with certain people, or purposely avoid certain media or places associated with substance use.

How To Spot Triggers

Triggers often come with a range of emotions. They can make you feel anxious, depressed, or even excited. They can also cause physical reactions, like shortness of breath, heart palpitations, and sweating. They affect how we think, act, and feel, and can make you temporarily lose sight of your goal.

Knowing how to identify your triggers can make it easier to stay away and deal with them when they unexpectedly occur. Here's how:

Step 1: Think About a Time You've Encountered a Trigger

What did you feel? Maybe it was a rush of discomfort, sadness, anxiety, or eagerness to use. Keep these emotions in mind as they will help you identify new triggers when they appear.

Step 2: Reflect on Past Experiences

Think about times when you've struggled with cravings or relapsed.

What were the circumstances surrounding those moments? Were you surrounded by people who still used, or were you in places that reminded you of past habits? Maybe you felt isolated or overwhelmed with stress.

When you figure out the reason behind your triggers, you can better identify and avoid them.

Step 3: Identify Sensory Cues

Triggers can often come from sensory experiences. Pay attention to sights, sounds, smells, or even tastes that might bring back memories of your addiction, like a particular song, a certain smell, or a familiar place.

Step 4: Practice Mindfulness

Practice being present in the moment, so you can catch triggers as they happen. Mindfulness can help you detach from the emotional response and give you more control over how you react.

Step 5: Write Down Your Triggers

Keep a log of your triggers so you won't forget them. Writing them down also helps you process your feelings and recognize patterns.

Here's a table you can use to record your triggers:

Date				
Trigger				
Location/Setting				
Emotions Felt				
Physical Sensations Felt				
Action Taken				

What To Do When Triggers Strike

The best way to avoid triggers is to stay away from situations that cause them. However, there are times when triggers are unavoidable, and you may find yourself facing them unexpectedly.

Here's what to do when that happens:

- **Pause, step away, and practice deep breathing.** Breathe in for four seconds and out for another four seconds.
- **Remind yourself that you're in control.** Triggers are a psychological response and you have the power to manage them.
- **Call a support person:** Reach out to a friend, family member, or support group member. You can either tell them about the trigger to ground yourself or talk to them about random topics to distract yourself from it.
- **Engage in physical activity:** Exercise or take a walk to release tension and improve your mood.
- **Distract yourself with your favorite hobbies.** Read a book, paint, listen to music, or watch a movie.
- **Practice self-talk.** Remind yourself why you're in recovery and the progress you've made.
- **Write down your feelings.** Journaling can help you clear out distressing thoughts invading your head.
- **Remind yourself that the past can't hurt you in the present moment.** You're no longer that person, and the choices you made in the past don't define who you are today.

Not everyone can identify and manage their triggers, which is why professional help is incredibly beneficial. [Recreate Behavioral Health](https://recreatebehavioralhealth.com) can help you understand your triggers better, develop coping strategies, and give you the motivation to push through even when it seems impossible.

Chapter 4: What To Do During a Relapse (and How to Prevent It)

Relapse is often a part of the recovery process. It doesn't mean you've failed or that everything you've worked for is lost. It's simply a temporary setback.

More than 85% of people relapse during their first year of treatment, and half that amount in the second year. Some may look at those numbers and think to themselves, "Why bother with treatment when there's a high chance I'll relapse at some point?"

But that's not the right mindset. Research by the CDC (Centers for Disease Control and Prevention) shows that three out of four people—or 75%—successfully recover from addiction.

Relapse is part of the process, not the end of it. What matters is the commitment to keep going, learn from setbacks, and stay focused on recovery. There's no use in beating yourself up with something that already happened.

Instead, take the opportunity to reflect on what caused the relapse and how you can avoid similar situations in the future.

When a relapse occurs, it usually means certain aspects of the recovery process may not have been fully addressed or reinforced.



Perhaps you need to increase the rate of your therapy sessions, or work through underlying emotional issues that triggered the relapse. It might also mean that you lack the support needed to stay on track. Maybe you've yet to build a strong enough network of friends, family, or support groups, or the people you're surrounded by aren't fully supportive of your recovery.

So, what do you do when a relapse happens?

- **Reach out for help.** Relapse comes with a lot of guilt and shame, and it may be difficult to admit to loved ones that you need help. But admitting you've made a mistake is the first step to getting yourself back on track.
- **Go easy on yourself.** You're human, and humans make mistakes. You're not perfect. Relapsing doesn't diminish the efforts you've made thus far. It often takes several attempts and years of work to successfully quit an addictive substance.
- **Talk to your primary healthcare provider and tell them that you've relapsed.** They may recommend you to a detox center or look into alternative treatment methods to help get you back on track.
- **Remind yourself that you've been through this before and that you can do it again.**



Chapter 5: Daily Habits to Cultivate Positivity

Positive thinking is one of the most important aspects of addiction recovery. Here's how to cultivate it:

Mindfulness Practices

- **Meditation:** Take a few minutes each day to practice mindfulness meditation. Focus on your breath, and allow your thoughts to come and go without judgment. There are dozens of excellent mindfulness meditation videos on YouTube that you can follow if you're unsure of where to start.
- **Gratitude Journaling:** Write down three things you're grateful for each day. This helps shift your focus from negative thoughts to positive aspects of your life.
- **Breathing exercises:** Practice deep breathing to calm your mind and reduce anxiety. One good breathing exercise is to inhale deeply for four seconds, hold your breath for seven seconds, and exhale slowly for eight seconds. Again, you can find great breathing exercises to follow on YouTube.
- **Five Senses Exercises:** Whenever you're feeling overwhelmed, take a moment to focus on 5 things you can see, 4 things you can feel, 3 things you can smell, 2 things you can hear, and 1 thing you can taste.

Small Wins Matter

Celebrate milestones and recognize incremental progress in recovery.



Here's a table you can use to track your weekly wins:

Week	Win #1	Win #2	Win #3	How I Felt
Week 1	For example: Attended my first support group meeting	Did 20 minutes of exercise, which felt great	Called my sponsor when I felt tempted	Energized and accomplished
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				

Embrace a Brighter Tomorrow

Staying positive during recovery is crucial for long-term success. A positive mindset fosters resilience, a tool you can use when facing the inevitable challenges and setbacks that come with addiction recovery.

Therapy, counseling, and recovery programs play a significant role in helping people sustain a positive outlook.

If you're ready to take the first step toward healing, contact us. Our lines are open 24/7, ready to take your call at any point of the day.



Contacts



Call us at (855) 951-4077



7700 W Camino Real Suite 404
Boca Raton FL, 33433



Contact Us



recreatebehavioralhealth.com



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