

## Relapse Prevention Group Ideas

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5 Activities That Take Place In Relapse Prevention Group ...

4 Relapse Prevention Group Activities [1. Cutting the Tension with Funny Introductions. While many recovery group activities can be heavy and lead to a lot of...](#) [2. Open Up About Fears and Stress. Many times, people relapse because life becomes too stressful or overwhelming. Others...](#) [3. Talk to Your ...](#)

4 Relapse Prevention Group Activities - Yellowstone Recovery

Ideas and activities for substance abuse group therapy; Ice breakers for alcoholics & addicts in treatment; ... [Group Activities for Relapse Prevention. Written by: Marci Blair. Written on: July 14, 2020. Paul Sutherland/Digital Vision/Getty Images. Moving from addiction into recovery can be frightening and challenging for anyone. Continuing to ...](#)

Group Activities for Relapse Prevention

Ask group members to introduce themselves by sharing three weird, funny, or interesting things about themselves. Have a group lecture and/or discussion about the neuroscience of addiction. Pass around a hat or a bowl, and have everyone place a slip of paper with a fear written on it inside.

Addiction Recovery - 36 Addiction Recovery Group Activities

The activities facilitated by relapse prevention groups help members practice making positive choices in their lives. Discussion Activities Many relapse prevention group facilitators begin group sessions with discussion activities, wherein the group facilitator introduces a topic such as "how to deal with a problem" and asks members of the group to share their opinions and thoughts about the ...

Activities for Relapse Prevention Groups | Healthfully

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Have each group member share about a decision that did not seem like a big deal but ended up leading to a relapse. For instance, a decision to hang out with a friend who ended up at a party with alcohol. Have two members of the group act out each decision and change it so a positive decision is made instead.

Group Role Playing Exercises for Relapse Prevention ...

By implementing physical exercise and a balanced diet, one can improve their quality of sleep. This can be done by setting up and following a structured sleep, exercise, and eating schedule. By doing this, one can retrain the body to sleep better and will also help reduce the risk of relapse. 2. HALT.

The Top 10 Relapse Prevention Skills - Addiction Center

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Jul 21, 2020 - handouts, worksheets, ideas, information, websites, misc stuff regarding relapse prevention and substance abuse treatment. See more ideas about relapse prevention, substance abuse treatment, relapse.

RELAPSE PREVENTION - Pinterest

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Relapse Prevention Group Ideas

SMART Recovery is a global community of people and families working together to resolve addictive problems. In our free group discussion meetings, participants learn from one another using a self-empowering approach based on the most current science of recovery.

SMART Recovery Toolbox - SMART Recovery

Create an ice-breaker activity to open up discussions [1. Pass around a cup filled with pennies. Each group member must draw a penny and share their favorite memory from the year the penny was produced. Another activity is to create a list of 15 questions and have enough copies printed out for each group member.](#)

Ice-Breaker Questions for a Single-Parent Group | Healthfully

Art Therapy Ideas for Teen Recovering Drug Addicts. Creative Writing ... other distractions or feelings that might be weighing them down. After a story or poem is finished, it can be read in a group setting or to a therapist, and then explored together. ... [Activities for Relapse Prevention Groups. Learn More. Techniques for Sexual Abuse Play ...](#)