

Building Recovery Resilience

The first workbook written for individuals progressing through the Recovery Resilience Program, a person-centered, strength and resiliency-based relapse prevention and recovery-oriented intervention designed for individuals in addiction recovery. The book presents practices derived from the I-System Model and the evidence-based intervention Mind-Body Bridging that enhance “recovery resilience” – a term we use to refer to an individual’s capacity to effectively apply coping and self-regulation skills in dealing with cravings, triggers, stress, and high-risk situations without reverting to substance use. Each chapter introduces various Recovery Resilience Practices and explains how they can positively augment any recovery pathway. Readers can learn to use these practices through various exercises, which they can complete before moving on to the next chapter. The program helps individuals to draw upon and use their recovery capital (for example, skills, tools, knowledge, etc.), remove barriers along the way, and strengthen their internal resources, and ultimately reach recovery and life goals.

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Addiction Recovery and Relapse Prevention
Workbook – An I-System Model Application

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Contents

Introduction	1
1 Dealing Effectively with High-Risk Situations	8
2 Coping with Cravings and Triggers	43
3 You Can't Fix What's Not Broken	72
4 Break the Addiction Cycle	108
5 The Requirements That Bind Us	129
6 Your Recovery Resilience Practice	160
<i>References</i>	187
<i>Notes</i>	197
<i>Index</i>	202