

## *First 3 Steps Defined for Relapse Prevention*

- 1. *I can't do it alone.*** We have shown already how your body is powerless in responding to drugs and alcohol being put into it. You are not giving up with surrendering; you are beginning to accept that you need help.
- 2. *There is a power that can help me.*** We need to realize that we have personal power from outside help to fight these self-defeating behaviors, thus giving ourselves hope and trust.
- 3. *I think I will let that power help me.*** We need to realize that we choose to turn our will over to our higher power, and that you do not have to go at this thing alone.

