

Relapse: What It Is and What It Isn't

What It Is:

Relapse is a process: An ongoing situation that can be interrupted or changed at any time, rather than a static event that is over and cannot be changed.

Relapse involves the person reverting to old attitudes, beliefs, values, and at risk behaviors.

These attitudes, beliefs, values, and risk behaviors are a progressive pattern, things keep getting worse until the process is interrupted or changed.

What It Isn't:

Relapse is not the person using one time.

Relapse is not just a “Slip”

**Relapse is not a sign of failure.
A lot of times it is a part of the
recovery process.**

