How We Talk About Relapse Matters
Choosing Empowerment Over Shame

Knowledge Domain

The chronic nature of substance use disorder means that for many people, recurrence of use is part of the recovery process. Although it is common, going through that experience can be disheartening, and patients may feel ashamed for having “failed” their treatment. Understanding that recurrence of use is not a failure but an opportunity to modify a treatment plan can help people to think about the topic differently. Instead of shaming someone, encouraging them to continue with treatment is going to help them move forward on their recovery journey.

Recommended Group Activity

Think about ways that you can help empower your patients:
• Could you could host a class educating people about treatment options, giving them the choice to choose what works best for them?
• Could you start a gathering of those in recovery to celebrate their recovery?

To Learn More

Treatment and Recovery

Shame Promotes Relapse, Not Recovery
http://bit.ly/2kJVWu