

A Fresh Look at Relapse Prevention:

From Gorski to Behavioral Economics
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Objectives

Participants will:

- Gain in-depth knowledge of **relapse as a process** and **identify stages of the process** in returning to AOD use.
- Explore the research around **willpower** and identify the strengths and weaknesses of willpower as a resource for **maintaining** recovery.
- Examine the role of **habits** in sustaining behavior change.
- Examine a framework for understanding **personal, social, and structural** influences on addiction/recovery and explore interventions in each domain.

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Short-term Relapse Rates

- 40% to 60%** return to alcohol or drug use in the first year after treatment.
- 60%** of those who return to use will have multiple periods of abstinence and use.

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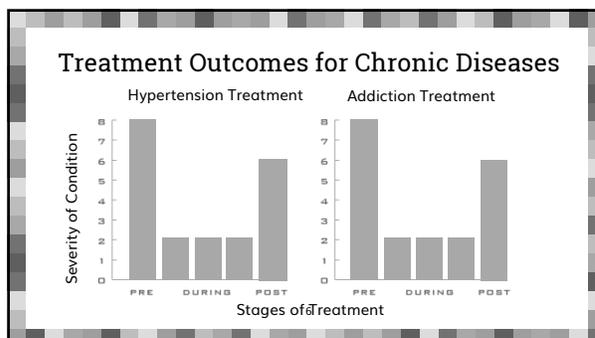
Long-term Relapse Rates

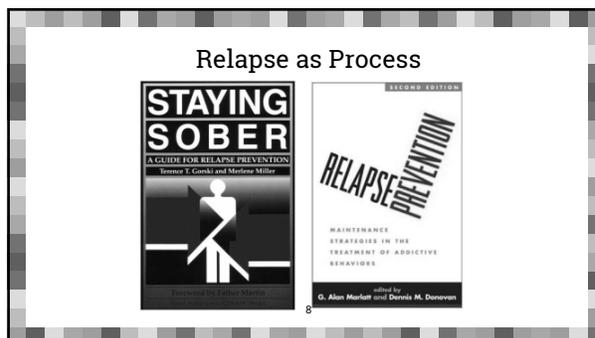
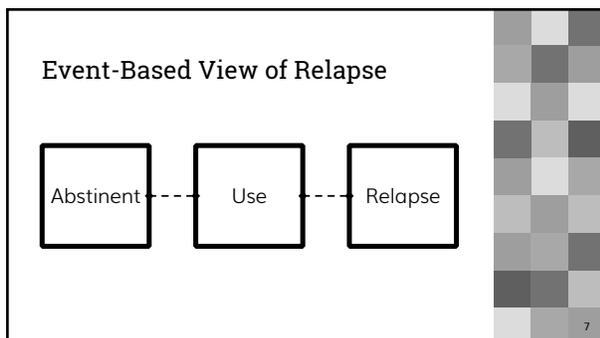
- Pathways to Long-Term Abstinence - CSAT funded pilot study (n=354)
- Over 50% had sobriety periods of year or longer before relapse
- 29% relapsed after three years or longer

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"Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry...Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death." (ASAM, 2010)

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- ### Two Relapse Process Models
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|---|--|
| Gorski's Early Warning Sign Approach <ol style="list-style-type: none"> 1. Stress 2. Denial 3. Internal Dysfunction 4. External Dysfunction 5. Option Reduction 6. Relapse | Marlatt's Model <ol style="list-style-type: none"> 1. High Risk Situation 2. Ineffective Coping Response 3. Decreased self-efficacy and increased positive outcome expectancies for effects of AOD 4. Lapse (Initial Use) 5. A.V.E and Belief in positive effects of use 6. Relapse |
|---|--|

RELAPSE SITUATION (Risk Factor)	Alcoholics (N=70)	Smokers (N=35)	Heroin Addicts (N=32)	TOTAL Sample (N=137)
INTRAPERSONAL DETERMINANTS				
Negative Emotional States	38%	43%	28%	37%
Negative Physical States	3%	-	9%	4%
Positive Emotional States	-	8%	16%	6%
Testing Personal Control	9%	-	-	4%
Urges and Temptations	11%	6%	-	8%
TOTAL	61%	57%	53%	59%
INTERPERSONAL DETERMINANTS				
Interpersonal Conflict	18%	12%	13%	15%
Social Pressure	18%	25%	34%	24%
Positive Emotional States	3%	6%	-	3%
TOTAL	39%	43%	47%	42%

STRESS: MAJOR PLAYER

We all face stress, yes...but we don't all:

- Face the same **severity of stress**
- Face the same **pattern** of stress
- Have the same functioning **coping mechanisms**
- Come to the table with the **same brain**

- ### The Willpower Trap
- | | |
|---|---|
| Confessions from AA <ul style="list-style-type: none"> ▪ "I thought I should be able to do this on my own" ▪ "I just need to be strong" ▪ "I won't let it happen" | What they mean <ul style="list-style-type: none"> ▪ These statements reflect cultural and social norms ▪ These statements attribute relapse to personal weakness ▪ These statements are over-simplified and incomplete. |
|---|---|

"We feel like we are ascending a summit when in fact we are simply walking a treadmill. That is the willpower trap. Lots of effort, no progress." - Patterson



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What We Know About Willpower



- When people were asked to list personal strengths, **self-control** comes **last**
- When are asked which virtues they wish they had, **self-control** comes **first**
- Are we **overestimating** the effectiveness of sucking it up and pushing through?

Four Broad Categories



- Control of Thoughts
- Control of Emotions
- Impulse Control
- Performance Control

People in early recovery are likely using willpower in all categories at the same time.

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Research Shows Us



- Willpower is **finite** and becomes **depleted** as you use it.
- The **same supply** of willpower is used for everything.

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An Experiment in Willpower



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An Experiment in Willpower



<p>The Cookie group spent: On average 19 minutes and making 34 attempts on the unsolvable problems</p>	<p>The Radish group spent: on average 8 minutes and making 19 attempts on the unsolvable problems</p>
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In Early Recovery How Much Time is Spent:

1. Resisting Temptation?
2. Concealing Feelings?
3. Feeling Stressed?
4. Making Difficult Choices?

= **Constant State of Willpower Depletion**

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The Good News:

Willpower is like a muscle: you can exhaust it, but you can also make it stronger.

Small things

- posture
- exercise
- one task at a time

AA things

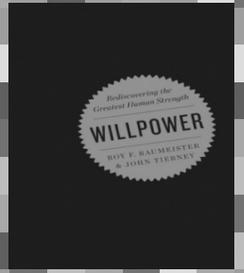
- meditation
- faith
- social support



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Final Willpower Fact

- Making Choices for Yourself Depletes Willpower
- Making Choices for Others **Does Not** Deplete Willpower



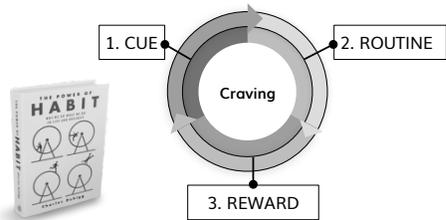
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"Our whole trouble had been the misuse of willpower."
-Bill Wilson, 1953

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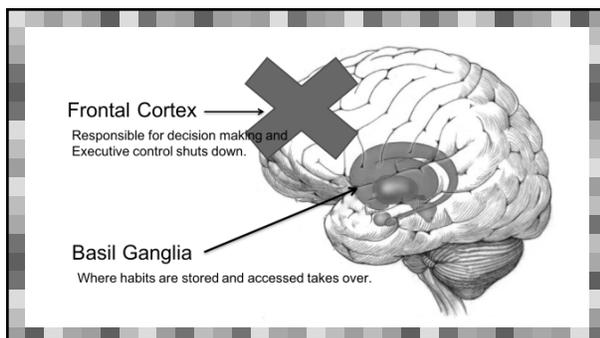
Habit Loops Left to its own devices, the brain will try to make almost any routine into a habit.



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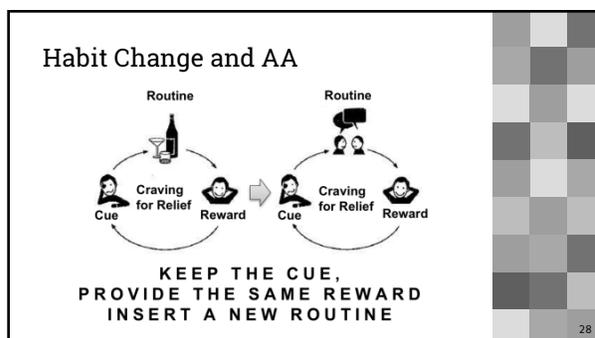
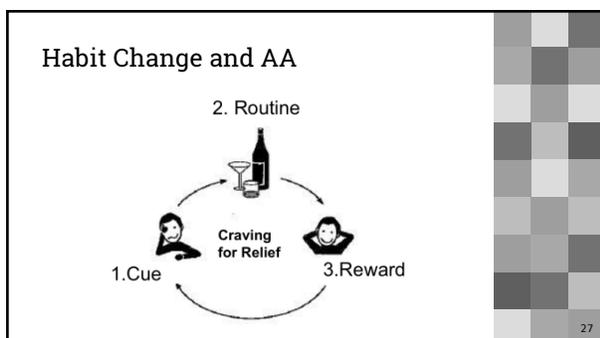
The discovery of the habit loop is so important in that it reveals a basic truth: When a habit emerges, the brain stops fully participating in decision making.

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If you use the same cue, and provide the same reward, you can shift the routine and change the habit.



Tips for Finding New Routines

- Know when the bad habit occurs. 4th step resentments and fears can be helpful.
- Think about what **triggers** the habit – such as boredom or anxiety.
- Think about **what you felt** after you completed the habit –such as calm or fulfilled. This is the reward
- Play around with **different new routines**. It may take some work to find healthy routines that satisfy the new reward. 12-step recovery can help out here too.



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What makes habit change stick?

- Alcoholics Anonymous does not only work by reprogramming addicts' habit loops
- Habit replacement worked pretty well for most people until a **major stressor** occurred in their life (death, job loss, illness)
- Research showed difference between those who relapsed and those who didn't was **Faith and Belief**.
- People with faith in something larger than themselves, God or the group are more likely to avoid this kind of breakdown in habit change.



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Relapse Myth: The individual will see a relapse coming and will be able to stop it.

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Relapse Fact

- Actually, individuals often describe a relapse as a "flash," "shock," or "surprise."
- Why does this happen?

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We are blind, We are outnumbered

- We are **blind** because we are unable to see all the different forces acting on us - and what we can't see is usually what is controlling us.
- We are **outnumbered** because forces working against recovery may be legion - and they work in combination.



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6 Sources of Influence

	Motivation	Ability
Personal	Source 1 	Source 2 
Social	Source 3 	Source 4 
Environmental	Source 5 	Source 6 

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6 Sources of Influence

	Motivation	Ability
Personal	Source 1 Whether you want to do it 	Source 2 Whether you can do it 
Social	Source 3 Whether other people encourage right behaviors 	Source 4 Whether other people provide help, info, or resources 
Environmental	Source 5 Whether environment encourages the right behaviors 	Source 6 Whether environment supports the right behaviors 

- Love what you hate

Source 1: Personal Motivation

	Motivation	Ability
Personal		
Social		
Environmental		

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- Love what you hate
- Tell the whole vivid story

	Motivation	Ability
Personal	🧠	
Social		
Environmental		

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“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.” -Brene Brown

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- Love what you hate
- Tell the whole vivid story
- Visit your default future

	Motivation	Ability
Personal	🧠	
Social		
Environmental		

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- Love what you hate
- Tell the whole vivid story
- Visit your default future
- Use value words

	Motivation	Ability
Personal	🧠	
Social		
Environmental		

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- Start with a skill scan

	Motivation	Ability
Personal		📊
Social		
Environmental		

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- Start with a skill scan
- Employ deliberate practice

	Motivation	Ability
Personal		📊
Social		
Environmental		

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- Start with a skill scan
- Employ deliberate practice
- Develop willpower

Source 2: Personal Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Identify accomplices

Sources 3 & 4: Social Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Identify accomplices
- Redefine Normal

Sources 3 & 4: Social Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Identify accomplices
- Redefine Normal
- Tell People

Sources 3 & 4: Social Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Identify accomplices
- Redefine Normal
- Tell People
- Add new friends

Sources 3 & 4: Social Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Identify accomplices
- Redefine Normal
- Tell People
- Add new friends
- Distance from unwilling

Sources 3 & 4: Social Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

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- Build fences

Source 5 & 6: Environmental Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

- Build fences
- Manage distance

Source 5 & 6: Environmental Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

- Build fences
- Manage distance
- Add cues

Source 5 & 6: Environmental Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

- Build fences
- Manage distance
- Add cues
- Engage autopilot

Source 5 & 6: Environmental Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

- Build fences
- Manage distance
- Add cues
- Engage autopilot
- Use tools

Source 5 & 6: Environmental Motivation & Ability		
	Motivation	Ability
Personal		
Social		
Environmental		

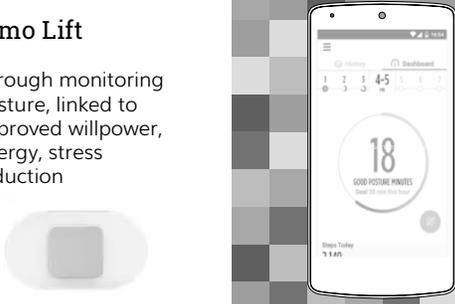
Spire Breath

Through monitoring breath rates, Spire claims to improve the user's mental and physical health




Lumo Lift

Through monitoring posture, linked to improved willpower, energy, stress reduction



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Sober Grid

Sober Grid is a Sober Social Network: for people that don't use drugs & alcohol.



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A-Chess Sober App

"A-CHESS (Addiction Comprehensive Health Enhancement Support System) helps to prevent and intervene when relapse may occur using a series of mobile supports by promoting coping competence, social relatedness, and autonomous motivation"



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6 Sources of Influence

	Motivation	Ability
Personal	<ul style="list-style-type: none"> Love what you hate Tell the whole vivid story Visit your default future Use value words 	<ul style="list-style-type: none"> Start with a skill scan Employ deliberate practice Develop willpower
Social	<ul style="list-style-type: none"> Identify accomplices Redefine Normal 	<ul style="list-style-type: none"> Tell People Add new friends Distance from unwilling
Environmental	<ul style="list-style-type: none"> Engage autopilot 	<ul style="list-style-type: none"> Build fences Manage distance Add cues Use tools



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Theories that diseases are caused by mental states and can be cured by willpower, are always an index of how much is not understood about the physical terrain of a disease

– Susan Sontag

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