

UNDERSTANDING slips vs relapse

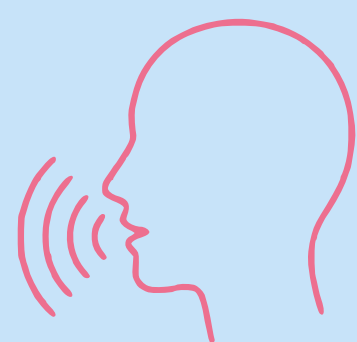
Recovery is not always a straight line. It's common to experience setbacks along the way.

SLIPS

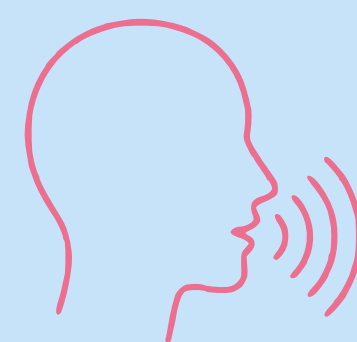
- Feels upsetting
- Opportunity to learn
- Followed by awareness
- Brief return to a behaviour

RELAPSE

- Longer return to patterns
- Feels harder to interrupt
- May involve feeling stuck
- May need additional support



HOW YOU RESPOND TO A SLIP MATTERS

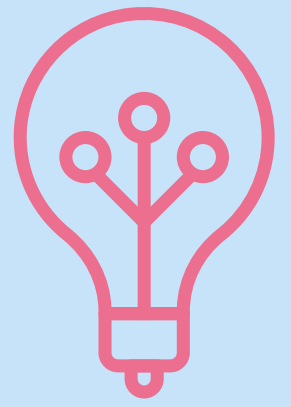


Slips are more likely to grow when followed by:

- **Shame ("I've ruined everything")** → Punishing yourself or treating the slip as proof of failure
- **Secrecy or silence** → Withdrawing from support or treatment
- **All-or-nothing thinking** → Deciding recovery is "over"



WHAT CAN HELP AFTER A SLIP...



Ask Yourself:

- “What was happening right before this?”
- “What might I have been needing in that moment?”
- “What support would help me right now?”
- “How can I return to my recovery plan today — not perfectly, just enough?”



HOW SLIPS CAN SUPPORT RECOVERY

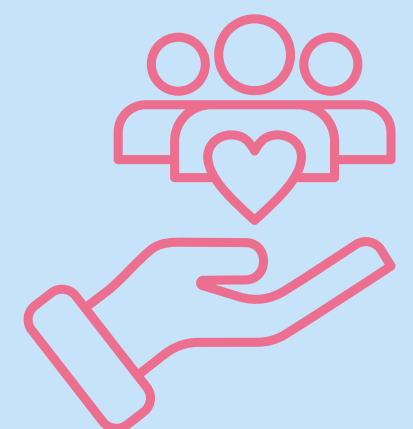
Highlight triggers or unmet needs

Reveal areas where more support is needed

Strengthen self-awareness

Build resilience and self-trust over time

FOR CAREGIVERS WHAT TO KNOW:



- **Curiosity** is more helpful than control
- **Panic or ultimatums** can increase fear and secrecy
- **Staying calm and consistent** supports re-engagement
- **A slip is often a moment to lean in,** not pull away