

Preventing Relapse

预防复吸

Relapse is returning to drug use after a period of sobriety and abstinence. Relapse is common for people who are trying to stay clean. Most of people relapse several times before staying clean. Relapse is not a failure; it is part of the process of quitting drugs.

复吸是指戒断毒品一段时间后又再次使用毒品。对于想要保持操守的人来说，复吸比较普遍，很多人在操守之前都会经历多次复吸的情况。复吸并不代表着失败，它只是操守路上的一个过程。

Is It Possible to Prevent Relapse?

复吸可以预防吗？

If you are mentally prepared in advance for coming in contact with situations, places, people, or circumstances that may make you feel tempted to relapse, it is possible to remove yourself from a vulnerable situation and decrease your chance of relapsing

如果事先觉得要接触的人、事或环境可能会影响你而导致复吸，请尽快远离这些场合，这样会帮助你降低复吸的机率。

What Triggers Relapse?

哪些情况可能会导致复吸？

Common triggers include:

一般包括:

- Special dates. For example holidays, birthdays, job promotion, marriage, the birth of a child; anniversaries of quitting, like three months after you have quit, six months, nine months, and one year of sobriety.
比较特殊的日子：例如节假日、生日、职位提升、结婚、生小孩；还有一些纪念日，如戒断毒品后三个月、六个月、九个月等；
- People, including the companions you used to take drugs with, people who sell drugs, or others
周围的人：以前一起用过毒品的同伴，毒贩或周围的其他人；
- Places where you used to shoot up or other places that remind you of drug use
地点：以前使用毒品或其它会让你想到毒品的地方；
- Overwhelming feelings, such as depression, anxiety, lonely and helpless, heavy stress (e.g.: just come out from Detox Center and can not communicate with others), stress from stigma (including can not be understood by family and trusted by relative and friends) or other emotions. Be aware that this is likely to occur when using alcohol!
情绪/情感：强烈的情绪波动，如感到消沉、沮丧、苦闷、焦虑、孤单无助、压力太大（例如刚从戒毒所出来，不能和周围的人交流）、遭到歧视（包括不被家人理解，得不到亲戚朋友的信任）或其它情绪。**特别是酒后容易出现这些情况！**
- Economic situations, such as failure to find a job or loss of job, pressures to repay debts, etc.
经济原因：例如找不到工作、失业或负债等。

How Can I Deal with Risky Situations?

如果想吸毒了怎么办？

- Make a plan to prevent relapse. Take some time to identify the triggers that may cause you to relapse, and realize that you can take action when you feel like you may relapse.
制定一个预防复吸的计划。事先考虑好如果有复吸的念头应该采取哪些措施来约束自己；
- Try to remove yourself from the situation

离开危险的环境；

- Keep calm, try to relax, go for a walk or chat with a good friend
保持冷静，放松一下，出去散散步或者找好朋友聊聊天；
- Try to distract yourself with something you like
做自己喜欢的事情，分散注意力；
- Remind yourself of the benefits of living without drugs
想想生活中没有毒品的好处；
- Think about what you have achieved so far
回忆一下你的成功经历；
- Ask for help if you think you cannot handle the situation alone. Talk to someone who will support you. It may be a friend, a family member or come to the Drop In Center, many of the peer educators at Hu Xiang Hao Ba have experience with over-relapse and will be supportive of you.
如果觉得不能独立处理复吸的情况，应马上寻求别人的帮助。可以找个你信任的人交流（可能是你身边的朋友或你的家人）；也可以直接去找“互相好吧”的同伴教员，他们都曾有成功克服复吸的经历，可以为你提供帮助；（加上“互相好吧”电话：0871-3319562）
- if there are no other ways, go to a drug substitution treatment programme (methadone, etc...)
实在没有办法的情况下，尽快到提供药物替代治疗的中心寻求帮助（例如美沙酮维持门诊）。

WARNING SIGNS! （画一个警示的符号，放封底）

If you feel you are at risk of relapse; if you:

如果觉得可能已经面临着复吸的危险，例如：

- Feel that you cannot control your thoughts and feelings
感到难以控制自己的情绪和想法
- Start to feel that you will never succeed or that you are useless
开始觉得自己是一个永远也不会成功或是一个无用的人
- if you lose your daily structure (don't sleep or eat on time; overwork, etc.)
生活一片混乱(不能按时睡觉、吃饭；过度操劳等)

What if I relapse?

如果复吸了怎么办？

Don't feel ashamed or guilty! Don't think that this is a failure!

Remember that relapse does not mean that you have no hope of recovery. Relapses can be reversed, and you can learn from the experience.

Get help as fast as possible. If you wait too long it will make recovery more difficult!

不要感到羞愧或自责！不要把复吸当成是一种失败！

记住，复吸并不意味着失去了康复的希望。复吸后还可以戒断，你能从这些经历中学到更多。

尽快寻求帮助，犹豫越久康复就越困难！

Remember, you are a wonderful person who *can* succeed. There *are* people who love you and care about you.

时刻记住你是一个会成功的人，大家都在关心着你！