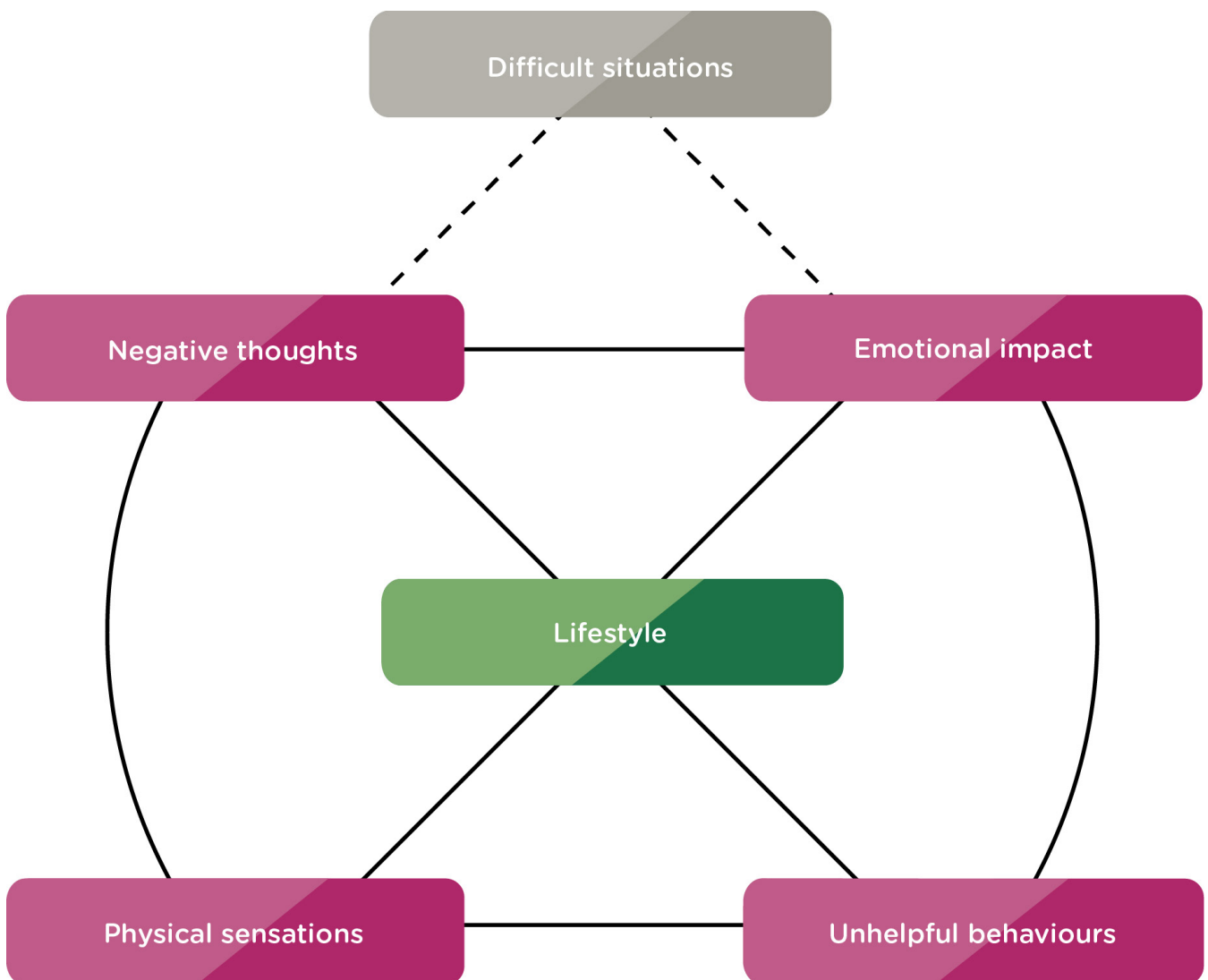
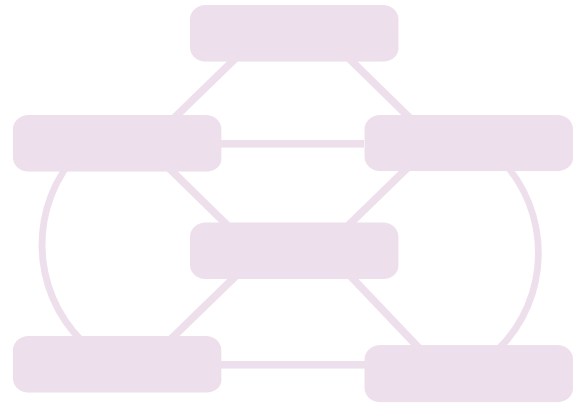


The cycle of dependence



How do the areas of the diagram fit together?

We all find ourselves in difficult situations from time to time.

In these situations, we may have negative thoughts like 'I've messed up', 'There's nothing I can do' or 'Things are out of control'.

And thoughts like these can cause us to feel upsetting emotions like anxiety, anger or sadness.

These emotions can in turn lead to horrible physical sensations, like when our stomach churns, our heart races or we get cravings.

With all this happening, we need to find some way to cope. But if we end up lapsing, intentionally or otherwise, things will only get harder for us.

Because once the effects have worn off, we may get very down on ourselves and find our gloomy thoughts just get worse.

And emotionally, we might feel guilty or ashamed.

Physically, we may find we're shaking, restless and on edge. Or that we're still struggling with cravings.

So we might be tempted to lapse once again to relieve this turmoil - even though we know any relief can only last for as long as we're under the influence.

And this is what can keep us locked in a downward spiral.

And we're more likely to stay trapped if there are problems with our lifestyle, which can influence everything else.

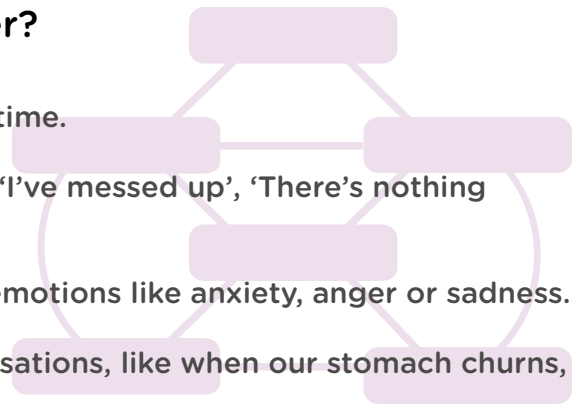
Issues like poor health or conflict with other people can directly affect our thoughts, emotions, physical sensations and behaviours.

But once we understand how everything fits together for us, we can break this cycle by taking positive action.

We can tackle any areas that are causing us problems, and resolve the issues that could potentially derail our recovery.

And since all these areas are linked, any progress we make in one area by learning to use positive coping strategies will impact on all the others too.

And every action we take will strengthen our recovery and increase our resilience for the long term.



I have reflected on this information and how it relates to me.

Signed _____ Date _____ (Myself)

Signed _____ Date _____ (Supporter)