

August 2011

# The Sober Times

Districts 11 & 12

## District Officers

For 2011 / 2012

DCM: Roxie H. (734) 250.2444

DCM ALT: Chuck H. (313) 299.0669

SECRETARY: Garold L. (734) 777.7726

TREASURER: Amber D. (313) 727.7495

Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight: Alcoholics Anonymous should remain forever non professional, but our service centers may employ special workers.

Lost: Silver medallion. Dennis S, with date: August 13, 1996 on one side. Contact Linda G, @ 313.291.5921.

## DOWNRIVER AREA PICNIC

Champaign Park

Pelham and Champaign

(SE corner)

Sunday, August 14<sup>th</sup>, 9am to 6pm

Raffles, food, beverages

Please bring a dish to pass

Belleville

## Keeping it Simple

### ANNIVERSARY DINNER

Tuesday, September 6<sup>th</sup> @ 6:00 pm

St. Paul's Lutheran Church

47445 Huron River Drive, Belleville

Dinner Served @ 6:30pm / Speaker @ 7:30pm  
50/50 Drawing

ALL ARE WELCOME!

**COMMITTEE CHAIRPERSONS: (PARTIAL)**

**ALKATHON: STAN W. (313) 587.7320**

**ARCHIVES: OPEN — WE NEED A VOLUNTEER!**

### “OFF THE HIP” ANNIVERSARY MEETING

WEDNESDAY, SEPTEMBER 21<sup>ST</sup>

DOORS OPEN @ 6:00 PM

SPEAKER: BRUCE T, @ 7:00PM

Alkathon Meeting Schedule: All meetings are held at 6 pm @ St. Phillips Lutheran Church, on Fort St. just south of King Rd. Chairperson: Stan W: Ph# 313.587.7320..... Aug. 14 & 28, Sept. 11 & 25, Oct. 9 & 23, Nov. 6 & 20. Let's Ring In The New Year

\*\*\*\*\*SOBER\*\*\*\*\*



Come join us at 10:00 pm every Saturday Evening, for a Candlelight Meeting at the old St. Cyprian Rectory, 13249 Pennsylvania, (just across the parking lot from our Wed. and Thurs. night meetings). This fine facility is named "Divine House", one of the Touchstone Recovery Homes. For more info: kevin@touchstonerecoveryhomes.com

Read the sober Times online: [www.aa-semi.org](http://www.aa-semi.org). Click Districts | District 11-12 | Sobertimes. I am looking for quotes, jokes, stories, (maybe a personal recovery story), you might have for the following editions of the S.T. They need to be turned in before the second Monday of the month, (Sept 12<sup>th</sup>), to: [sobertimes1112@gmail.com](mailto:sobertimes1112@gmail.com). Yours in service, Joe B.

## Recovery and Relapse (con't)

### ***Early Relapse Prevention***

Relapse prevention at this stage means recognizing that you're in emotional relapse and changing your behavior. Recognize that you're isolating and remind yourself to ask for help. Recognize that you're anxious and practice relaxation techniques. Recognize that your sleep and eating habits are slipping and practice self-care.

If you don't change your behavior at this stage and you live too long in the stage of emotional relapse you'll become exhausted, and when you're exhausted you will want to escape, which will move you into mental relapse.

Practice self-care. The most important thing you can do to prevent relapse at this stage is take better care of yourself. Think about why you use. You use drugs or alcohol to escape, relax, or reward yourself. Therefore you relapse when you don't take care of yourself and create situations that are mentally and emotionally draining that make you want to escape.

For example, if you don't take care of yourself and eat poorly or have poor sleep habits, you'll feel exhausted and want to escape. If you don't let go of your resentments and fears through some form of relaxation, they will build to the point where you'll feel uncomfortable in your own skin. If you don't ask for help, you'll feel isolated. If any of those situations continues for too long, you will begin to think about using. But if you practice self-care, you can avoid those feelings from growing and avoid relapse. (Reference: [www.AddictionsAndRecovery.org](http://www.AddictionsAndRecovery.org))

### ***Mental Relapse***

In mental relapse there's a war going on in your mind. Part of you wants to use, but part of you doesn't. In the early phase of mental relapse you're just idly thinking about using. But in the later phase you're definitely *thinking* about using.

The signs of mental relapse are:

- Thinking about people, places, and things you used with
- Glamorizing your past use
- Lying
- Hanging out with old using friends
- Fantasizing about using
- Thinking about relapsing
- Planning your relapse around other people's schedules

It gets harder to make the right choices as the pull of addiction gets stronger.

### ***Techniques for Dealing with Mental Urges***

Play the tape through. When you think about using, the fantasy is that you'll be able to control your use this time. You'll just have one drink. But play the tape through. One drink usually leads to more drinks. You'll wake up the next day feeling disappointed in yourself. You may not be able to stop the next day, and you'll get caught in the same vicious cycle. When you play that tape through to its logical conclusion, using doesn't seem so appealing.

A common mental urge is that you can get away with using, because no one will know if you relapse. Perhaps your spouse is away for the weekend, or you're away on a trip. That's when your addiction will try to convince you that you don't have a big problem, and that you're really doing your recovery to please your spouse or your work. Play the tape through. Remind yourself of the negative consequences you've already suffered, and the potential consequences that lie around the corner if you relapse again. If you could control your use, you would have done it by now.

Tell someone that you're having urges to use. Call a friend, a support, or someone in recovery. Share with them what you're going through. The magic of sharing is that the minute you start to talk about what you're thinking and feeling, your urges begin to disappear. They don't seem quite as big and you don't feel as alone.

Distract yourself. When you think about using, do something to occupy yourself. Call a friend. Go to a meeting. Get up and go for a walk. If you just sit there with your urge and don't do anything, you're giving your mental relapse room to grow.

(continued in the next issue of the Sober Times)