

## What Can I Do after a Slip?

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After a slip, you might find yourself in one of the following stages of change.

**Precontemplation** – You may be *doubting* that it's worth trying to change your substance use. If so, it may be helpful to do the following:

- Review information about how alcohol and other drugs can affect you physically, socially, or emotionally.
- Think about your values and whether using alcohol or other drugs conflicts with them.
- Think about how your substance use affects other people.

**Contemplation** – You may be *considering making changes* in your alcohol or drug use again, but you may not be quite sure. If so, it may be helpful to do the following.

- Thinking about the consequences for yourself of the behaviour.
- Weigh the pros and cons.
- Think about what you expect to get out of using alcohol or other drugs, and if these are realistic expectations.

**Preparation** – You may decide that you want to *get ready to change* your alcohol or drug use again. If so, you might try the following.

- Take small steps toward behaviour change.
- Start talking to people who have successfully quit using.
- Keep in mind the situation that led to the slip and think of ways to avoid them.
- Develop a change plan.

**Action** – You may decide that you *want to stop* using alcohol or drugs again. If so, then it will be helpful to do the following:

- Avoid or alter situations that tempt you to use.
- Change your responses to offers to use, stressful situations, and automatic thoughts.
- Reward yourself for successes.
- Interact with people who support your changes.
- Try to help others who are trying to quit.