

Psycho-Education for Patients and Family Members

# **Session 10: Families and Recovery (2)**

# Recovery Stages

Stage 1: Withdrawal  
(1-2 weeks)

Stage 2: Early Abstinence or “Honeymoon”  
(following 1 month)

Stage 3: Protracted Abstinence or “the Wall”  
(following 3-4 months)

Stage 4: Adjustment/Resolution  
(following 2 months)

## Question:

- *How is the Withdrawal stage (first 1-2 weeks from abstinence) characterized?*

# Withdrawal

- Lasts 1 to 2 weeks
- Craving and depression
- Low energy, difficulty sleeping, increased appetite, and difficulty concentrating, excessive respiration, weight loss, fever, infection, hallucination, illusion, confusion

## Question:

- *How is the Honeymoon stage (following 1 month) characterized?*

# Honeymoon

- Lasts about 1 month following the Withdrawal stage
- Increased energy, enthusiasm, and optimism
- People often feel they are “cured” when they reach this stage

## Question:

- *How is the Wall stage (following 3 to 4 months) characterized?*

# The Wall

- Lasts about 3 to 4 months following the Honeymoon stage
- Hardest stage of recovery
- Depression and irritability
- Difficulty concentrating
- Low energy and loss of enthusiasm
- High risk of relapse

## Question:

- *How is the Readjustment stage (following 2 or more months) characterized?*

# Readjustment

- Last 2 months or longer following the Wall stage
- The person in recovery and the family begin returning to more normal lifestyle
- After extended abstinence, the person in recovery and family members begin working on marital, emotional, and psychological issues that will strengthen the family

# Goals for Withdrawal

(mainly for those in outpatient treatment)

## *Person in recovery*

- Discontinue use of Shabu
- Learn specific techniques for avoiding relapse
- Learn about the process of addiction and about drug effects

## *Family members*

- Decide to be part of recovery process
- Recognize that addiction is a medical condition

# Goals for the Honeymoon

(mainly for those in outpatient treatment)

## *Person in recovery*

- Improve physical health
- Identify personal triggers and relapse justifications
- Use targeted techniques to stay abstinent

## *Family members*

- Work to support recovery
- Recognize and discontinue triggering interactions

# Goals for the Wall

(mainly for those in outpatient treatment)

## *Person in recovery*

- Maintain stable abstinence from all drugs
- Repair significant relationships
- Develop a recovery support system outside the treatment center
- Recognize and cope with dangerous emotions

## *Family members*

- Decide whether to recommit to the relationship
- Begin finding ways to enrich own lives
- Practice healthy communication skills

# Goals for Readjustment

## *Person in recovery*

- Monitor components of successful recovery
- Recognize relapse indicators and prepare responses
- Clarify new roles in healthy relationships
- Set goals for continuing a new lifestyle after the program

## *Family members*

- Accept limitations of living with a person in recovery
- Develop an individual, healthy, balanced lifestyle
- Monitor self for relapses to former behaviors
- Be patient with the process of recovery

# Key Relapse Issues for People in Recovery

- Friends who use Shabu
- Environmental cues associated with Shabu use
- Severe cravings
- Protracted abstinence—the Wall (for those in outpatient treatment)
- Connection between Shabu and sex
- Boredom

# Key Relapse Issues for Family Members

*Common problems preceding a slip back into old behaviors for family members are:*

- Fear of the person in recovery returning to Shabu use
- Fear of being alone
- Lack of individual goals and interests
- Inability to release responsibility for the person in recovery