

ABSTINENCE VIOLATION

EFFECT:

Most addicts do relapse!

**When relapse does occur the abstinence violation effect will occur.
This is a very powerful dynamic that effects several areas of a persons life.**

- 1) Thinking: You will say things to yourself that are very derogatory like "I'm weak" I'm stupid", I've let myself and everybody else down".**
- 2) Emotions: Depressed, ashamed, confused ("how did this happen?")**
- 3) Beliefs: "That I'm worthless." "That I'll never be able to do for my kids that a father's supposed to do". "Nobody will ever love me the way that I am." "There's no way I'll ever kick this habit".**

You are most likely to experience AVE if you believe that you will never lapse and that you are a failure when you do lapse. But when you are prepared in advance to deal with AVE, your chances of reoffending are decreased.