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# Abstinence violation effect worksheet

## At a Party

### Setting the Stage:

You are at a party with someone you have gone out with a few times. The party is at somebody's home and the parents are gone. A lot of kids are getting high and some couples are having—maybe to have sex. You don't want to have sex and don't want to leave the party.

**Person 1:** Let's get out of here so we can talk—it's too crowded.

**Person 2:** Yes, it is crowded in here—but the porch is empty.

**Person 1:** I just want to be with you. That is our chance.

**Person 2:** I want to be with you, too, but the party's fun.

**Person 1:** Oh no, I just want to be alone with you.

**Person 2:** No, I like this party—I'm glad we came.

**Person 1:** I've been looking forward to this night with you—please don't spoil it.

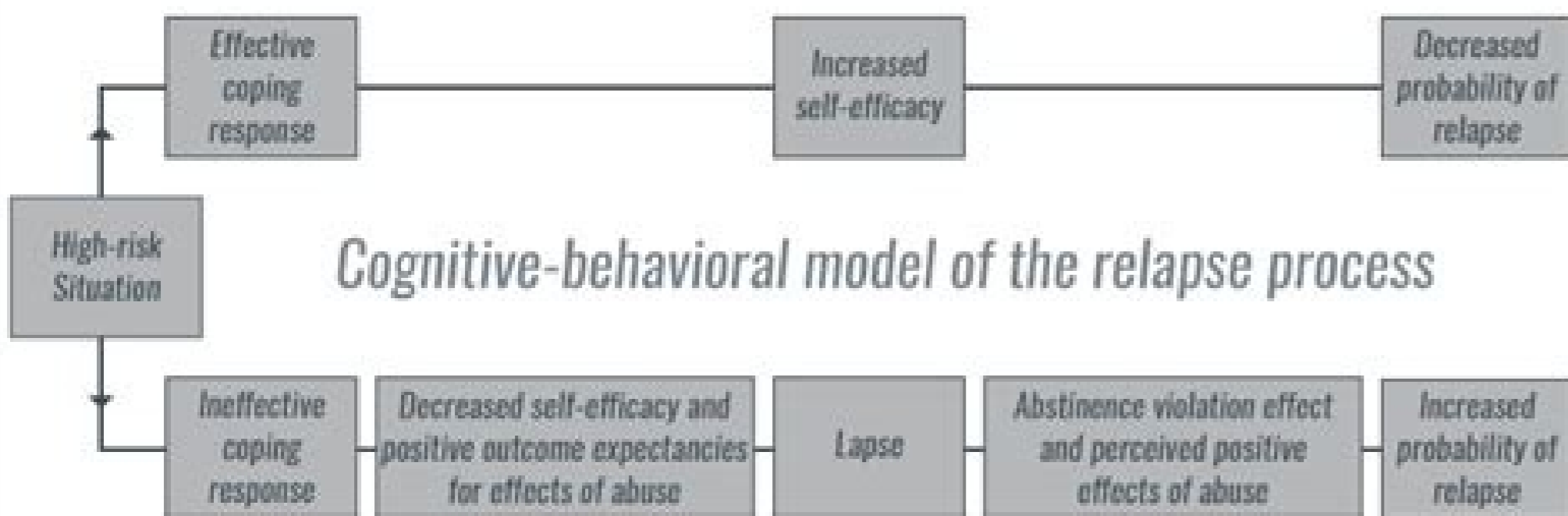
**Person 2:** I hope the night won't be spoiled.

**Person 1:** If I'd known you'd be like this, I wouldn't have come here with you.

**Person 2:** I guess not, but I know we can have fun. Let's get something to eat in the kitchen.

**Person 1:** I guess I don't have much choice.

**Person 2:** Yes, I suppose so. Let's give you the choice of the next movie we go to.



## Abstinence Violation Syndrome

If a client slips and uses drugs after a period of abstinence, one of two things can happen.

- He or she could think: "I made a mistake and now I need to work harder at getting sober."

Or

- He or she could think: "This is hopeless, I will never get sober and I might as well keep using." This thinking represents the **abstinence violation syndrome**.

Dimensions	Illustrative cause	Affect	Risk of relapse
Internal controllable	"It's my fault. I didn't stick to three meals a day."	Guilt	Decreased
Internal uncontrollable	"I'm a failure. All I have to do is take one bite and I don't have the will-power to fend off a binge."	Shame Hopelessness?	Increased
External controllable	"I'm at a party with tons of junk food. I had a good dinner but I could have stopped there."	Guilt	Decreased
External uncontrollable Nonperson cause	"There are fast food shops everywhere. How could I be expected to not want to binge?"	Hopelessness Powerlessness Disempowered	Increased
Person cause	"He knows I binge when I get upset, he started the argument just to get me stressed out."	Anger	Increased
Pleasure	"This tastes/feels good."	Joy Pleasure	Increased

**A SIMPLE GUIDE TO FASTING ABSTINENCE**

<ul style="list-style-type: none"> <li>• 1 NORMAL meal &amp; 2 small ones;</li> <li>• 18 to 59 yrs old inclusive</li> <li>• Ash Wednesday &amp; Good Friday.</li> </ul>	<ul style="list-style-type: none"> <li>• no meat nor poultry</li> <li>• 14 yrs old and above</li> <li>• Ash Wednesday, Good Friday, Fridays of the year.</li> </ul>
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*-Catholics striving for holiness-*

Again, many experts agree that a one-time lapse in the use of medicines or alcohol does not relate equally. In spite of this, the rain is still a risk factor and makes a person more prone to relapse. This helps increase the self-efficacy of a person (the belief in the ability of it to have success and overcome). This game of Erosa to one's self-esteem, as feelings of guilt, vergunance and established uselessness. The effect of abstinence violation is also considered an immediate factor of relapse. This school of thought is based greatly on the cognitive-behavior model of Marlatt. This helps you understand how certain situations influence you and remember you that he has the power to control the loss. Prevention of the relapse in the recovery There is nothing abnormal on the relapse in the recovery, so it is imperative that everyone recovers from a substance use disorder know how to avoid the relapse. In contrast to this, the aforementioned negative mentalities can lead to a cycle of guilt and vergence. This fault can take them to a spiral that can lead to the relapse. The following states are considered immediate disgrowths of the relapse: exposure to high-risk situations: are included: negative emotional states, interpersonal conflicts (arguments, etc.), social / paired pressure, witnesses of farm and / or alcohol used A €

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