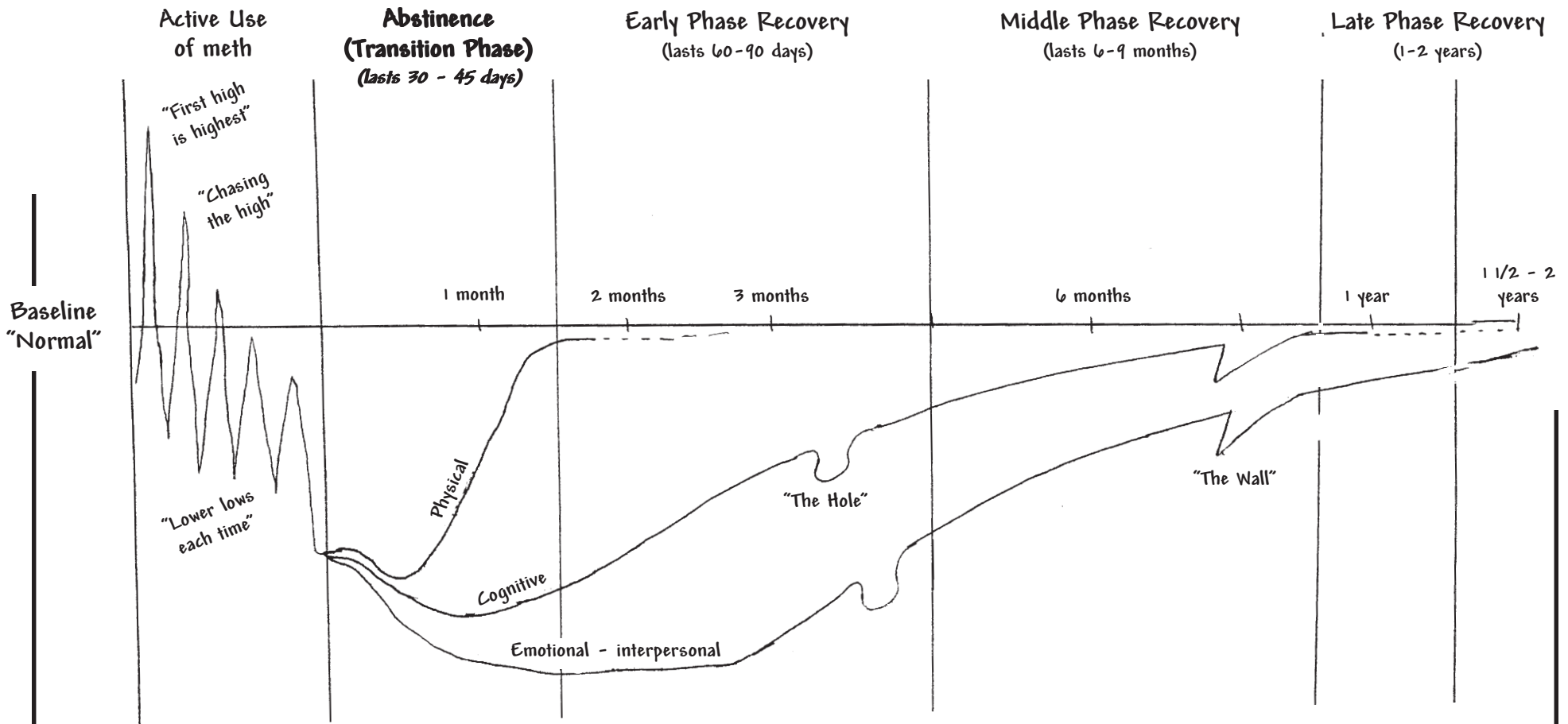


Stages of Recovery from Meth

Information



Deschutes County Mental Health Department
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	Active Use of meth	Abstinence (Transition Phase) (lasts 30 - 45 days)	Early Phase Recovery (lasts 60-90 days)	Middle Phase Recovery (lasts 6-9 months)	Late Phase Recovery (1-2 years)
Relationships		Conflict, hostility, fear	Irritability, mutual blaming, devaluation of progress	Threatened separation, awareness of problems in relationship, past abuse issues	Family/relational issues, conflict over recovery principles
Cognitive		Disoriented, forgetful, denial, difficulty concentrating	Cognitive distortions and thinking errors, thoughts of relapse, poor concentration	Acceptance, self-esteem work, reduced frequency of drug use thoughts and craving	Empowerment, spirituality, may question need for support
Emotional		Depressed, anxiety, grief, shame - frozen feelings	Irritability, depression, boredom, anger, loss, feelings begin to thaw	Loneliness, boredom, less depressed and less irritable, shame	Aware of feelings, self-talk, boredom with abstinence
Physical		Cravings, colds, flu	Insomnia, sluggishness, fatigue	Return to normal health	Improved physical health
Relapse Risk		Withdrawal symptoms, increase risk of relapse	Risk of relapse at 3 months, falls into "the hole" - caught off-guard	Increased risk of relapse at 6-9 months - "The wall"	

