

# Better Days Treatment Center Publishes New Article ‘What steps can I take immediately after a relapse to get back on track?’

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Anaheim, California – Better Days Treatment Center, a top substance abuse treatment center, is pleased to announce that it has published a new article, ‘What steps can I take immediately after a relapse to get back on track?’ to its blog. Written by the facility’s team of experts, the new article provides a helpful guide for individuals on how to regain control and move forward after a relapse.

Some of the steps to take after a relapse, as highlighted in Better Days Treatment Center’s new article, include:

## Reach Out to a Support System

Isolation is one of the biggest threats to recovery. After a relapse, the instinct may be to withdraw from others out of guilt or fear of judgment. However, connecting with a support system is one of the most powerful actions to take. Whether it’s a sponsor, therapist, family member, or friend who understands the journey, speaking with someone who genuinely cares can provide comfort, guidance, and a fresh perspective.

## Recommit to a Recovery Plan

This doesn’t mean starting over from scratch. It means re-engaging with the practices, routines, and resources that have supported sobriety. This may mean revisiting a treatment plan, increasing the frequency of therapy sessions, or renewing involvement in a 12-step or peer support program. Sometimes, relapse can reveal areas where your recovery plan needs strengthening. Maybe stress management wasn’t prioritized, or perhaps certain emotional issues were left unaddressed. Use this moment to adjust the approach, act quickly and decisively to rebuild momentum.

## Identify And Manage Triggers

Understanding personal triggers is essential to preventing future relapses. A trigger can be anything—people, places, emotions, or even specific times of year—that leads to cravings or a desire to use. Once triggers have been identified, create a plan to manage them. This might involve avoiding certain situations, practicing grounding techniques when emotional distress hits, or setting boundaries with people who don’t support recovery. Better Days Treatment Center works with individuals to build personalized relapse prevention plans that address their unique challenges and strengths.

## Be Kind and Keep Moving Forward

Perhaps the most important step after a relapse is practicing self-compassion. Each day is a new opportunity to make different choices. One relapse does not erase the hard work that has been done. Better Days Treatment Center believes in second chances, third, and fourth—whatever it

takes to support lasting recovery.

Better Days Treatment Center encourages prospective patients in California wishing to overcome addiction struggles and attain lasting sobriety to reach out to its specialist team today by completing the contact form on the website.

About Better Days Treatment Center

With over 40 years of experience offering leading inpatient rehab services, Better Days Treatment Center is an established rehab community that provides patients with a safe, calm, and supportive environment to receive customized treatment and tailored therapy to attain lifelong sobriety.

More Information

To learn more about Better Days Treatment Center and its new article, 'What steps can I take immediately after a relapse to get back on track?', please visit the website at

<https://betterdaystreatment.com/>.

<https://thenewsfront.com/better-days-treatment-center-publishes-new-article-what-steps-can-i-take-immediately-after-a-relapse-to-get-back-on-track/>

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