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learn twenty things



home > our alcohol drug rehab center > Twenty Life-Changing Things You Will Learn While at Clear Haven Center

## Twenty Relapse-Preventing Techniques You Will Learn at Clear Haven Center

### 1. How to manage your drug cues and take your life back

Cues are circumstances, feelings, people, places, or events that trigger the urge to use. You will learn 5 different techniques to conquer cues and triggers.

### 2. Discover what you want instead of letting addictions tell you what you can have

You will have the opportunity to discover the direction you want each area of your life to take. You will address your physical well being, your inner beliefs about yourself, your mental health, existing health issues, ...

### 3. Create a new body

You will learn how to build a new body, get stronger, run faster, dance longer, look better than you have in years!

### 4. How to set goals and gain positive direction in your life

You will learn and set goals in six areas of your life, and you will monitor and chart your progress.



5. **Use your mind to change negative thoughts and behaviors**

We will teach you how to change the way you feel by changing the way you think.

6. **Managing anger**

We will teach you how to manage all aspects of anger in your life by helping you to understand how anger affects: your body, your relationships, and your family. You will learn alternate, positive ways to manage anger.



7. **Managing guilt and shame**

Guilt and shame can drive us into poor decision making and relapse. Clear Haven's programs will teach you to differentiate between them, and how to handle these emotions in a constructive manner.



8. **How to plan for your goals instead of talking and dreaming**

You will discover the tools and techniques that allow you to make concrete the steps you will need to take to make your goals become reality.

9. **Identify and reduce the impact of addiction on your life**

You will discover how addiction has impacted your health, and the way you interact with the world around you.

10. **Manage depression and anxiety**

What are these challenges? You will learn how addiction complicates these conditions, and how they change the way you interact with yourself and others.

11. **Problems, problems....**

We will teach you how to attack and solve problems, so that you will be enabled to creatively solve problems and decrease your chances of relapse on your own once you complete rehab.

12. **You are what you...**

We are all made up of what we eat, how we treat our bodies, and how we interact in relationships. You will learn how to improve each of these areas, and learn how you can prevent relapse by strategically changing these areas of your life.

### 13. **Motivation**

We will teach you key ways to keep up your motivation momentum, so you can stick to your plans and reach your goals!

### 14. **The support net**

You will learn how to build a social support net, including family and other personal supports. This will help you gain confidence that you are not alone after rehab, and that you do have the resources to succeed.

### 15. **Toxic people in your life**

You will learn how to identify people who lead you to continued failure instead of supporting you on the road to success. You will learn how to set boundaries to keep yourself safe and on target.

### 16. **Family**

Family relationships can be a source of great support, or a trigger to relapse. You will learn how to foster growth in healthy relationships, and how to remove or manage toxic, cue laden relationships from your life.

### 17. **The last straw...**

Daily "annoying" occurrences are significant contributors to relapse. We will empower you to actively manage and plan for day to day stresses and irritations.

### 18. **Battle negative thinking**

Self defeating negative thoughts can keep us convinced addiction is the only choice. We will teach you how to pinpoint negative thinking, and to replace it with positive, encouraging thoughts that will help you reach your goals.

### 19. **A troubled mind**

You will learn techniques to calm and settle a troubled and anxious mind.

### 20. **I'm so tired**

Sleep impacts every aspect of your life, including your odds of relapse. You will discover the keys to improving the quality and quantity of your sleep. In turn, you will experience renewed health, increased energy, and much lower chances of relapse.

### 21. **We had to add one more: Untwisting conversations and thinking**

You will learn how to tell yourself the truth, and to interact honestly with others. This will help you to solidify the social support net that will support your new life path.

Learn more now... call toll free 1-877-465-8080



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## Contact Information

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**Contact Us By Email**

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Clear Haven Center is located 45 minutes  
from Montreal.

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