

## Relapse Prevention Rap

I said I don't need this  
I told myself  
So I put my treatment up on the shelf  
But I learned if I want to stay out of the can  
I have to remember my Relapse Prevention Plan  
I don't have the excuse about hearing voices  
It's all about making Healthy Choices



It's been said in certain factions  
That your thoughts dictate your actions  
So I'm learning about my errors in thinking  
So I can correct them without even blinking  
Some say Risky Thoughts, some say Thinking Error  
What ever you call them, the result is terror  
Whether it's entitlement, secrets, or victim-stancing  
When I use these, my brain is dancing. ..  
Around the truth that is, where the thinking errors fly,  
I correct them  
To tell the truth as opposed to the lie.  
I'm not trying to make senseless noises,  
It's all about making Healthy Choices

My feelings are so deep  
Sometimes I feel disabled  
I feel trapped in this world  
And people have me labeled  
Some in the past have said "Just Say No"  
But my gut still feels like a vol-ca-no  
I'm expanding my feeling word vocabulary  
So I can explain them to my group and everybody  
Now when I'm feeling dissed or slated  
I can call it "frustrated, enraged or discombobulated"  
I have a tool box full of options or positive actions  
To help me deal with my deviant attractions



Risky situations are always out there  
In the park alone, or playing "truth or dare."  
To know my triggers  
And what may be tempting  
And don't forget the relationships that  
need mending.  
A park, a school, a video arcade,  
I'm determined not to retrace the  
mistakes I've made.



I now have the power of a thousand horses,  
because I am making Healthy Choices.

