

Abstract

The main goal of this essay is to show that lifestyle has an influence on alcohol addiction and its process, but most importantly on maintaining abstinence after a treatment. From various research, which where made, is clear, that most of relapses are directly related to lifestyle of addicts (or at least to its parts such as health, social situation, economic status, hobbies etc.). That is why it is important to work on a lifestyle change during a treatment so that the addicts are in balance during the abstinence and are not exposed to risky situations which they do not know how to react to and deal with them. There is Relapse Prevention to learn these pocedures and it should be applied also during the treatment and after. Part of my essay is qualitative research, which should reflect previously mentioned phenomenons among ten respondents of detoxification centre, who experienced relapses before. I tried to prove that lifestyle and its disorders influence and increase the potential of relapse after completed treatment and it is necessary to change it during abstinence.