**Emotional Units**

Relapse prevention is about understanding your sexual offense behavior and knowing how to stay away from feelings, thoughts, behaviors and situations that are high risk. It is much easier to stay away from high risk feelings, thoughts, behaviors, and situations when you are taking care of yourself emotionally.

Taking care of yourself emotionally means paying attention to your Emotional Units (EUs). A creative way to pay attention to your EUs is to set up an Emotional Back Account. Typically we get about 500 EUs a day. As long as we are taking care not to overspend our EU and have some in our saving’s account, then we are talking care of ourselves emotionally.

Here is a sample of how someone at MSOP might be overspending their checking account.

**Bob**

Started the day with 500 EUs in his checking account. He didn’t have any balance left from the day before.

Deductions

overslept and missed group – 75 EUs

got into the argument with security – 100 EUs

irritated with peers – 50 EUs

pulled into drama on the unit – 150 EUs

didn’t participate in module and clinician is unhappy with attitude – 100 EUs

talked with a family member who was shaming and angry – 100 EUs

isolated and slept all evening - 75 EUs

Although isolation may not seem like it is costing Bob EUs, when used as an avoidance technique, isolation actually does cost EUs. Having to figure out how to avoid others and not be bothered, always takes emotional energy to plan and successfully carry out.

Bob doesn’t have any EUs in his savings account. Typically practicing

relaxation/meditation/mindfulness exercises, getting some type of physical exercise, eating healthy, participating in therapy, and having positive interactions with staff and peers add EUs to our savings account. Bob is doing none of these things!!!

Bob ends up overspending his EUs checking account and having no reserves to draw from in his EUs savings account.

Unless Bob starts taking better care of himself emotionally, he is going to be in trouble. He will not have the emotional energy to notice high risk feelings, thoughts, behaviors, or situations. If he is not noticing high risk feelings, thoughts, behaviors, or situations he is in danger of moving back into sexual offending behavior and/or other problematic behaviors.

The example with Bob may be a little extreme however, it can help you understand the importance of taking care of yourself and having a reserve of EUs both in your checking account and in your savings account.

**“Food for Thought”**

What is your current balance of emotional units in your checking account? Saving’s account?

What are your most frequent unhealthy debits – anger/irritation/isolation/apathy?

Are you making any healthy deposits into your checking and/or savings account? If so, what healthy deposits are you making and how frequently are you making deposits?

Are the people in your life draining your accounts or making deposits into your accounts?