

Shame About Past Drinking Problem May Lead to Relapse

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LiveScience:

Feeling shame about a past drinking problem might actually increase the likelihood of a relapse for recovering alcoholics, a new study shows.

“How much shame participants displayed strongly predicted not only whether they relapsed, but how bad that relapse was — that is, how many drinks they had if they did relapse,” said the study’s authors, Jessica Tracy and Daniel Randles, both psychological scientists at the University of British Columbia.

Read the whole story: [LiveScience](#)