# What happens if I relapse or miss check-ins?

\*\*Title:\*\* Navigating Relapses and Missed Check-Ins with Compassion  
  
\*\*Description:\*\* Discover how SameBoat's community supports individuals facing relapses or missed check-ins, fostering a compassionate environment for recovery.  
  
\*\*Slug:\*\* navigating-relapses-missed-check-ins  
  
\*\*Cover:\*\* [Placeholder for cover image]  
  
\*\*Author:\*\* SameBoat Team  
  
\*\*Category:\*\* Community Support  
  
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Recovery is a journey, not a destination. For many, this journey includes ups and downs, particularly when it comes to relapses or missed check-ins. At SameBoat, we understand that life can throw curveballs, and we believe that compassion, rather than judgment, should be at the heart of our community support.  
  
When a member of our community experiences a relapse or misses a check-in, it's essential to approach the situation with empathy. The SameBoat community is designed to provide a safe harbour where individuals can share their struggles without fear of shame. Instead of focusing solely on setbacks, we encourage our community to rally together, offering support, understanding, and motivation to help one another get back on track.  
  
Our philosophy centres around progress, not perfection. Each day presents a fresh opportunity to take a step forward, and every small victory counts. By celebrating milestones, no matter how minor, we acknowledge the hard work and commitment that goes into recovery. If you’ve checked in consistently for 30 days, for example, that’s not just a number—it’s a testament to your dedication and a significant shift in your habits.  
  
Moreover, at SameBoat, we recognise that each person's journey is unique. This is where our strategic guidance comes into play. We help you identify the next steps that resonate with you. Whether you want to delve into fitness, mindfulness, or creative pursuits, we empower you to choose the path that aligns with your strongest self. Our aim is to position you as the hero of your story, equipped with the tools and support you need to continue your transformation trajectory.  
  
The power of community cannot be overstated. As you navigate the highs and lows of recovery, remember that your journey is lighting the path for others. Every milestone you achieve gives someone else permission to dream bigger. Together, we foster an environment where everyone can thrive and grow, embracing the idea that it’s okay to stumble as long as you keep moving forward.  
  
In conclusion, if you find yourself facing a relapse or missing check-ins, know that you are not alone. The SameBoat community stands ready to support you with understanding and encouragement. Your journey is an integral part of a larger narrative, and we celebrate every step you take towards wellness.  
  
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\*\*Tags:\*\* community, mission, getting-started, partnerships, features  
  
\*\*References:\*\*  
1. "The Importance of Community in Recovery" - National Institute on Drug Abuse. [Link]  
2. "Supporting Individuals in Recovery: A Guide for Communities" - Substance Abuse and Mental Health Services Administration. [Link]  
3. "Peer Support: A Guide to Good Practice" - Mental Health Foundation. [Link]  
4. "The Role of Community in Sobriety" - Recovery Research Institute. [Link]