

# My Relapse Review

Name: \_\_\_\_\_

Counselor: \_\_\_\_\_

An important part of the recovery process is understanding the *process of a lapse/relapse*. Part of an effective recovery program is analyzing a lapse/relapse incident and incorporating the necessary changes for you to continue your journey of sobriety.

A Relapse Review is a thorough analysis of a lapse/relapse and looking at all parts of it. When a lapse/relapse occurs, it is important to backtrack and review when your actions/behaviors/thoughts started to change – for example, what was happening in your life at that time.

Answer the following questions with your primary treatment provider and attach it to your Re-Commitment to Recovery Milestone.

## Reflection

How long were you successful at maintaining abstinence prior to this recent lapse/relapse? \_\_\_\_\_

How long did your lapse/relapse last? \_\_\_\_\_

What life factors led up to your lapse/relapse? Check all that apply.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> cravings                         | <input type="checkbox"/> depression/anxiety/sadness                 | <input type="checkbox"/> child(ren) stressors    |
| <input type="checkbox"/> physical pain                    | <input type="checkbox"/> isolation                                  | <input type="checkbox"/> family/friend stressors |
| <input type="checkbox"/> illness                          | <input type="checkbox"/> H. A. L. T. (hungry, angry, lonely, tired) | <input type="checkbox"/> employment stress       |
| <input type="checkbox"/> medication (no meds or new meds) | <input type="checkbox"/> relationship stressors                     | <input type="checkbox"/> financial stress        |

What emotions were you feeling leading up to the lapse/relapse? Check all that apply.

- |                                       |   |                                     |
|---------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> lonely       | <input type="checkbox"/> worried/stressed | <input type="checkbox"/> mad/angry  |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> confused         | <input type="checkbox"/> withdrawn  |
| <input type="checkbox"/> unhappy      | <input type="checkbox"/> frustrated       | <input type="checkbox"/> happiness  |
| <input type="checkbox"/> lost         | <input type="checkbox"/> bored            | <input type="checkbox"/> excitement |

Did an incident occur that triggered the emotions checked above (argument, celebration, etc.)? If so, please explain.

\_\_\_\_\_  
\_\_\_\_\_

When did you notice cravings starting? \_\_\_\_\_

Did you notice a change in your behaviors? If so when, and how did your behaviors begin to change? \_\_\_\_\_

\_\_\_\_\_

What are some places you were going prior to your lapse/relapse that you knew were risky for your recovery? \_\_\_\_\_

\_\_\_\_\_

What benefit, or relief, were you hoping to accomplish by drinking or using? Were you successful at achieving this? \_\_\_\_\_

\_\_\_\_\_

What are the *real* consequences of your recent use, positive or negative? \_\_\_\_\_

\_\_\_\_\_

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## Relapse Prevention

Lapses/relapses do not occur "out of the blue" - there are several warning signs that lead to the lapse/relapse. Many people think that a lapse/relapse starts with use, however it actually starts long before using with changes in actions/thinking/behavior/emotions. Think of a lapse/relapse as a process, what are the six steps that led to your lapse/relapse? Step #6 will always be the action of drinking/using.

For example:

1. *I become restless and/or antsy.*
2. *I start having trouble sleeping.*
3. *I start to think negatively about AA or NA and/or stop attending.*
4. *I start withdrawing from people in recovery.*
5. *I decide drinking or using will help my problem(s).*
6. *I relapse and drink or use.*

My 6 steps or warning signs that a lapse/relapse was on the horizon:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. I lapse/relapse and drink or use.

At which step have I gone too far and possibly lost the chance to intervene prior to the lapse/relapse? \_\_\_\_\_

List 3 things you will *do* when the warning signs you listed above are happening. (actions/behaviors, not thoughts)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What will you do that involves your sober supports to help with avoiding use: (return to treatment, walk to a self-help, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Maintaining my Recovery

Please list two actions you will do **daily** for your recovery: (I meditate, or I pray)

1. \_\_\_\_\_
2. \_\_\_\_\_

What two actions will you do **weekly** for your recovery:

1. \_\_\_\_\_
2. \_\_\_\_\_