

Stages of Relapse Worksheet

Name:	Date:
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Contact information:

Relevant medical information (if needed):

This worksheet is designed to help individuals identify and understand the various stages of relapse, focusing on emotional, mental, and physical aspects. Recognizing early warning signs can empower individuals to determine and follow proactive steps to prevent relapse and maintain their recovery journey.

Emotional relapse

At this stage, there are initial emotional signs that may not directly involve thoughts of using but set the stage for a potential relapse.

Warning signs:

- Anxiety
- Intolerance
- Anger
- Defensiveness
- Mood swings
- Isolation
- Not asking for help
- Others:

Strategies to prevent early relapse:

Mental relapse

This is the stage when using begins to seem like a viable option.

Warning signs:

- Craving for substances
- Thinking about past use
- Glamorizing past use
- Bargaining
- Lying
- Others:

Techniques to deal with mental urges:

Physical relapse

The actual act of substance use or steps taken towards substance use.

Indicators to track:

- Planning relapse around others' schedules
- Seeking opportunities to relapse
- Using substances
- Others:

Next steps/preventive strategies:

Additional notes