

# Stages of Relapse Worksheet

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

## Instruction for Use

Fill in the indicators for each stage, noting signs such as anxiety, cravings, or planning substance use. Develop preventive strategies tailored to each stage, focusing on managing emotions, challenging thoughts, and avoiding triggering situations.

## 1. Emotional Relapse

Initial emotional signs that may not directly involve thoughts of using but set the stage for potential relapse.

### Indicators to Track:

Anxiety:

--

Intolerance:

--

Anger:

--

Defensiveness:

--

Mood Swings:

--

Isolation:

--

Not asking for help:

--

**Preventive Strategies:**

**2. Mental Relapse**

The stage where the thought of using begins to seem like a viable option.

**Indicators to Track:**

Craving for substances:

Thinking about past use:

Glamorizing past use:

Bargaining:

Lying:

**Preventive Strategies:**

### 3. 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:

#### Preventive Strategies:

#### Additional Notes