Worksheet for Relapse Triggers and Red Flags

Think of a client you have worked with who has experienced relapse. Then, using the 37 Relapse Triggers handout, attempt to answer the following questions.

In the space below give a brief description of the person you were working with:

1. **What behaviors did your client show prior to relapse?**

2. **How did that person change from when they were doing well to when they were doing not so well?**

3. **What relapse triggers did the person demonstrate that you were able to discern?**

4. **What other relapse triggers do you think the person experienced?**

5. **Did the person make it through the relapse? (If yes, how?) (If no, why not?)**