

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?**



What can I do about them?



How will I change my life?



If I begin to feel unwell, I will

