

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?)