

## Relapse Worksheet

### **Develop an initial warning sign list by selecting five of the warning signs**

Take each of the five warning signs and tell a story about a time when they experienced that warning sign in the past while sober; goal is to look for hidden warning signs that are reflected in the story.

### **Using a standard format and identify the irrational thoughts, unmanageable feelings and self defeating behavior that accompanied each.**

I know I am in trouble with my recovery when\_\_\_\_\_. When this happens I tend to think\_\_\_\_\_. When this happens I tend to feel\_\_\_\_\_. When this happens I (behavior) \_\_\_\_\_.

### **Learn how to manage them without resorting to alcohol or drug use. This means learning nonchemical problem solving strategies that help us to identify high risk situations and develop coping strategies.**

This is done by taking each relapse warning sign and developing a general coping strategy.

Warning Sign: **I know I am in trouble with my recovery when** I feel unable to cope with high levels of job-related stress.

General Coping Strategy: I will learn how to say no to taking on extra projects, limit my work to 45 hours per week, and learn how to use relaxation exercises and meditation to unwind.

### **Identify ways to cope with the irrational thoughts, unmanageable feelings, and self-defeating behaviors that accompany each warning sign.**

Irrational Thought: I need to try harder in order to get things under control or else I will be a failure.

Rational Thought: I am burned out because I am trying too hard. I need time to rest or I will start making more mistakes.

Unmanageable Feelings: Humiliation and embarrassment.

Feeling Management Strategy: Talk about my feelings with others. Remind myself that there is no reason to be embarrassed. I am a fallible human being and all people get tired.

Self-defeating Behavior: Driving myself to keep working even though I know I need to rest.

Constructive Behavior: Take a break and relax. Ask someone to review the project and see if they can help me to solve the problem.

### **Develop a recovery plan.**

A schedule of activities that puts one into regular contact with people who will help them to avoid alcohol and drug use.

### **Inventory training to anticipate high risk situations and monitor for relapse warning signs.**

Most find it helpful to get in the habit of doing a morning and evening inventory to prepare and manage warning signs and review progress and problems.

### **Family involvement**

Encourage our family members to get involved in Alanon so they can recover from codependency (if necessary)

### **Follow-up as warning signs will change as we progress in recovery.**

Our ability to deal with the warning signs of one stage of recovery doesn't guarantee that we will recognize or know how to manage the warning signs of the next stage.