

Relapse Reflection & Prevention Worksheet

While relapse is not uncommon in the process of recovering from addiction, it can be dangerous and all measures should be taken to prevent future relapses from happening. Reflecting on what events, situations, or feelings may have “triggered” a return to drug or alcohol use can help you watch out for these signs in the future and seek help before it happens.

Here are some questions that can help you learn about your own triggers and make a plan to help you avoid high-risk situations in the future.

Where were you?

Are there particular places that you should try to avoid if possible? (For example, taking a different route home to avoid places where you have used in the past or acquired substances.)

When did it happen?

Are there times of day when you are more likely to experience cravings? How can you prepare for this by scheduling other activities at that time? (For example, going to a recurring 12-step meeting, meeting up with a friend, taking an exercise class, etc.)

What emotions were you experiencing?

Was there anything out of the ordinary that happened beforehand? Were you tired? Hungry? Frustrated? Why?

What could you have done instead?

Think about different things you could have done in that situation that would have prevented substance use? (For example, calling a friend or sponsor, taking a walk, watching a TV show, meditating, etc.)