



Relapse Intervention Slippery Situations and Places

Relapses don't just happen. They are a series of events, feelings, behaviors, and thoughts that precede the actual act of taking that first drink or drug. Identifying these events, feelings, behaviors, and thoughts helps us stop the process long before it leads to an actual lapse or relapse.

Identifying slippery places and situations that can upset my recovery...

Situations and places that are not safe for my recovery:

1. _____
2. _____
3. _____
4. _____
5. _____

How will I cope with each of the above situations:

1. _____
2. _____
3. _____
4. _____
5. _____

Check off any of these warning signs that might apply to you...

- | | |
|------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> Feeling excessive boredom | <input type="checkbox"/> Dishonesty |
| <input type="checkbox"/> Avoiding situations that need resolving | <input type="checkbox"/> Hanging out with friends who are using |
| <input type="checkbox"/> Difficulty sleeping | <input type="checkbox"/> Thinking you will never need support again |
| <input type="checkbox"/> Missing meetings and aftercare | <input type="checkbox"/> Stopping therapy |
| <input type="checkbox"/> Blaming others | <input type="checkbox"/> Missing appointments |
| <input type="checkbox"/> Romanticizing substance use | <input type="checkbox"/> Stopping medications without professional guidance |
| <input type="checkbox"/> Visiting taverns and bars | <input type="checkbox"/> Not taking care of nutritional needs |
| <input type="checkbox"/> Stopping communication | <input type="checkbox"/> Unresolved anger |
| <input type="checkbox"/> Not taking action | <input type="checkbox"/> Feeling lonely |
| <input type="checkbox"/> Keeping a stash just in case | <input type="checkbox"/> Feeling too tired |
| <input type="checkbox"/> Turning away supports | <input type="checkbox"/> Stop reading recovery literature |
| <input type="checkbox"/> Dwelling on mistakes | <input type="checkbox"/> Worrying too much about the future |
| <input type="checkbox"/> Holding on to resentments | |

Additional warning signs...

In recovery, many of us find we have a lot of time to fill. Before recovery, drinking and using had been a big part of our lives. Empty-time and boredom are major relapse factors. We need to identify and participate in new activities that promote our recovery. Since we can't be in meetings all the time it helps to list constructive things to do with our free time.

Make a list of things to do that are enjoyable and healthy...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____