

RELAPSE DIAGNOSIS WORKSHEET

1 WHY are you changing your life? For yourself or pressure from others? Your motivation? What is different this time around?

2 Are you a Dual-Diagnosis? Do you have any lingering mental health issues? This will lead to relapse if not 100% resolved before beginning a serious journey of recovery.

3 Refer to Step 4 of Sobriety Blueprint and contemplate any toxic/negative behaviors, thoughts or actions STILL present in your life.

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

4 Think about your 'escape plan' when confronted with temptations, urges and cravings. Early sobriety can be very unpredictable.

5a Use *The Ultimate List of Relapse Triggers* infographic or refer to the list in Chapter 3 and write down all the triggers that personally apply to your life. Take your time and think about which triggers apply to you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

5b Think about your most frequent relapse experiences. Attempt to discover any reoccurring themes/signs.

Length of Sobriety Before Relapse Cause of Relapse

1. _____
2. _____
3. _____

6 What is your longest length of sobriety? Are you aware of what caused that specific relapse? Self-reflect to determine the exact reason why. Learn your past and grow from it.

7 Do you currently have an Accountability Partner/ Sponsor?
YES NO

8 Refer to *Relapse Defense* infographic and list any of the 'Building Blocks' currently supporting your recovery. A strong foundation is vital for relapse prevention – consider adding the 'Four Cornerstones of a Rock-Solid Recovery' to your overall plan of attack.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

9a Are you still in contact with ANY old addict/ alcoholic friends?
YES NO

9b Did you change your phone number yet?
YES NO

9c Have you tried relocation as a recovery technique?
YES NO

9d Are you currently in a romantic relationship?
YES NO

9e If YES, do they support your sobriety?
YES NO

Did the relationship begin before or after your decision to get sober?

10 Think about the short-term recovery goals you want to achieve (1 year). Start small with measurable goals.

1. _____
2. _____
3. _____