



Activity 1: Am I on a Path Toward Relapse?

Visit R1RECOVERYFIRST.COM to download printable Activity Worksheets.

Complete the table below with up to 10 relapse warning signs you identified from the card activity.

Discovery Cards Summary		
Relapse Warning Signs: statements from the card fronts	Relapse Phase: from colored card backs	How does this warning sign show up for you currently?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

- What relapse phases are you in (excluding Phase 11: Acute Relapse Period)? How far down the path are you?
 - Phase 1: Internal Change
 - Phase 2: Denial
 - Phase 3: Avoidance & Defensiveness
 - Phase 4: Crisis Building
 - Phase 5: Immobilization
 - Phase 6: Confusion & Overreaction
 - Phase 7: Depression
 - Phase 8: Behavioral Loss of Control
 - Phase 9: Recognition of Loss of Control
 - Phase 10: Option Reduction
- At what point in time did you start to experience these warning signs? Did you notice them at the time or only now looking back?
- What actions can you take today to address these emotions and behaviors?
- Who can you ask for help and support?