



Activity 4: Understanding the Relapse Phases & Warning Signs Model

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As you think about your understanding of the Relapse Phases & Warning Signs Model, answer the questions to the right.

Relapse Phases & Warning Signs
Am I on a path toward relapse?

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Relapse Phases & Warning Signs
Am I on a path toward relapse?

1. INTERNAL CHANGE
2. DENIAL
3. AVOIDANCE & DEFENSIVENESS
4. CRISIS BUILDING
5. IMMOBILIZATION
6. CONFUSION & OVERREACTION
7. DEPRESSION
8. BEHAVIORAL LOSS OF CONTROL
9. RECOGNITION OF LOSS OF CONTROL
10. OPTION REDUCTION
11. ACUTE RELAPSE PERIOD

Questions to Explore

1. Does it help you to know that there is a model describing the relapse process? How does this help?

2. Do you see how the emotional and mental progression of warning signs can lead to a physical relapse? Do you see this progression in your own experience? How?

3. Does the Relapse Phases & Warning Signs Model make sense given your own experience? Why?