



## Activity 2: Learning from Past Relapses

Visit [R1RECOVERYFIRST.COM](http://R1RECOVERYFIRST.COM) to download printable Activity Worksheets.

### Relapse Experience

Describe your past relapse experience below. What happened?

Complete the table below with up to 5 relapse triggers you identified from the card activity.

Discovery Cards Summary		
Relapse Triggers: Statements from card fronts	Relapse Trigger Type: from colored card backs	Describe what specifically triggered you
1		
2		
3		
4		
5		

### Questions to Explore

- How did these triggers play a role in your relapse?
- At what point did they show up?  
Did you anticipate them?
- What actions did you take or did you not take to avoid the situation?
- What can you do differently in the future?
- Who can you ask for help and support?