



Activity 4: Understanding Relapse Triggers Model

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As you think about your understanding of the Relapse Triggers Model, answer the questions to the right.

Relapse Triggers
What do I need to look out for?

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Relapse Triggers
What do I need to look out for?

PEOPLE
Who affect me

PLACES
Where I go

THINGS
What I'm near

SITUATIONS
What I do

EMOTIONS
How I feel

Questions to Explore

1. Does it help you to know that there is a model describing relapse triggers? How does this help?
2. Do you see how these relapse triggers affect your emotional and mental states? How?
3. Does the Relapse Triggers Model make sense given your own experience? Why?