

Re-lapse Reflection & Recovery Strengthening

Lapse and relapse is information — not failure. Recovery is a process. This worksheet is designed to help you learn from the experience, strengthen your coping strategies, and refine your recovery plan.

SECTION 1: WHAT HAPPENED?

Describe the sequence of events in detail. How were things going before it started? What was the first stressor? What happened next? What was the final decision point?

SECTION 2: WHAT DID YOU DO RIGHT?

Identify where you tried to cope differently. Did you delay? Reach out? Consider alternatives? Give yourself credit for effort.

SECTION 3: EXTERNAL TRIGGERS

List people, places, or situations that increased risk.

SECTION 4: INTERNAL TRIGGERS

List thoughts, emotions, sensations, cravings, or trauma reminders that contributed.

SECTION 5: PLAN FOR EXTERNAL TRIGGERS

For each external trigger, write one strategy you will use next time.

SECTION 6: PLAN FOR INTERNAL TRIGGERS

For each internal trigger, write one coping skill or intervention.

FINAL REFLECTION

What did you learn? What needs strengthening? What one or two realistic changes can you start today?