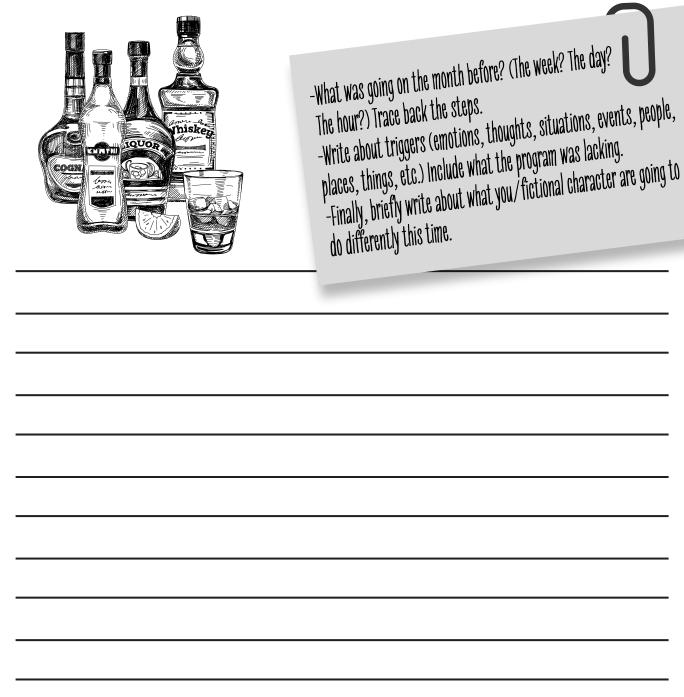
What Led Up to My Last Relapse? A RELAPSE NARRATIVE

Write a relapse "story" about the steps that led up to your relapse. Instead of using first-person, write about a fictional or made-up character. (For example, instead of writing "I stopped going to meetings," you'd write, "Batman stopped going to meetings.") Write about some of the things that took place prior to the relapse.



What Led Up to My Last Relapse? A RELAPSE NARRATIVE (CONT.)

What Led Up to My Last Relapse? A RELAPSE WARRATIVE (CONT.)



When you discuss this assignment with your therapist, share what it was like for you to write about someone in your place. Did it change your perspective at all? Consider and discuss how it might feel for a loved one to be in that position.