

## Checklist of Relapse Symptoms

| I | Symptom: Check mark and circle all that apply. Add your own.      |
|---|-------------------------------------------------------------------|
|   | Preoccupation: thinking a lot about drinking/using.               |
|   | Compulsiveness (spending, gambling, working, shopping, sex, etc.) |
|   | Neglecting recovery activities                                    |
|   | Loneliness Isolation                                              |
|   | Self-righteousness Defensiveness                                  |
|   | Self-pity Bitterness                                              |
|   | Dishonesty Avoidance                                              |
|   | Resentment Anger                                                  |
|   | Impatience Restlessness                                           |
|   | Poor sleep Poor diet                                              |
|   | Criticizing others Impatience                                     |
|   | Depression Anxiety                                                |
|   | Boredom Loneliness                                                |
|   | Easily frustrated Easily Agitated                                 |
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### Risky Situations

Identify your top three Highly risky situations that you may face in the coming weeks that could cause you to feel like using.

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| <b># 1</b>                                                                                     | Situation name: |
| Describe this situation:                                                                       |                 |
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| How likely is this situation to cause you to relapse?                                          |                 |
| ♣ Very high risk                                                                               | ♣ High risk     |
| ♣ Low risk                                                                                     | ♣ Very low risk |
| Describe how you handled this in the past and how that increased the likelihood you would use. |                 |
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| Describe how you could choose to handle it now to reduce the risk of using.                    |                 |
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| Describe the thoughts you have about this situation that could lead to use.                    |                 |
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| Describe other ways of thinking about this situation that would support staying                |                 |

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| clean and sober. |
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| # 2                                                                                                   | Situation name: |            |                 |
| Describe this situation:                                                                              |                 |            |                 |
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| How likely is this situation to cause you to relapse?                                                 |                 |            |                 |
| ♣ Very high risk                                                                                      | ♣ High risk     | ♣ Low risk | ♣ Very low risk |
| Describe how you handled this in the past and how that <i>increased</i> the likelihood you would use. |                 |            |                 |
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| Describe how you could choose to handle it now to <i>reduce</i> the risk of using.                    |                 |            |                 |
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| Describe the thoughts you have about this situation that could lead to use.                           |                 |            |                 |
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| Describe other ways of thinking about this situation that would support staying clean and sober.      |                 |            |                 |
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| #3                                                                                             | Situation name: |            |                 |
| Describe this situation:                                                                       |                 |            |                 |
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| How likely is this situation to cause you to relapse?                                          |                 |            |                 |
| ♣ Very high risk                                                                               | ♣ High risk     | ♣ Low risk | ♣ Very low risk |
| Describe how you handled this in the past and how that increased the likelihood you would use. |                 |            |                 |
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| Describe how you could choose to handle it now to reduce the risk of using.                      |
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| Describe the thoughts you have about this situation that could lead to use.                      |
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| Describe other ways of thinking about this situation that would support staying clean and sober. |
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### Recovery Sabotage Sign Identification

Relapse does not begin with the drink, line, joint, rock, etc. Relapse begins long before the actual use. As you read the list, some you will immediately identify with and some you may not. Others you may not understand.

Put a ✓ next to the Sabotage Signs that you believe you may encounter:

| ✓   | Warning Signs                                                                                                                                                                                                                                                                                          |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | <b>Thinking Flaws:</b> "This isn't working. I can handle this now. Things are great now; I don't need as many (or any) meetings. "                                                                                                                                                                     |
| 2   | <b>Mood Swings:</b> I may go from the "Pink Cloud," feeling good and good about my recovery to feeling sad or depressed either due to dwelling on all of the negatives from the past or due to the belief that recovery is not working                                                                 |
| 3   | <b>Actions Change:</b> I cut back or stop my AA program; do not call my sponsor and do not work the steps. I still keep up a front of recovery but know inside that it is a false front.                                                                                                               |
| 4   | <b>Stress:</b> due to the first three warning signs, I experience an increase in the amount of stress that causes you to feel out of control. This may be a very obvious situation or very small irritations that pile up.                                                                             |
| 5-a | <b>Denial:</b> I worry that the changes in my thoughts, feelings and behavior will lead to using; I feel afraid I won't be able to stay clean and sober but I do not want to face it.                                                                                                                  |
| 5-b | <b>Denial:</b> I deny the worry. I am not aware that I shove it deep inside; tell myself I will be fine or cover it up. I'm still not good at doing feelings.                                                                                                                                          |
| 6   | <b>Defenses:</b> I do not know how to deal with the fear-based denial so I put up my defenses. The fear and anger I feel when others point out that I am slipping backward just reinforces my defensiveness.                                                                                           |
| 7   | <b>Never:</b> I am convinced that I will never use again so I do not need to work a vigorous recovery program. I keep this belief secret.                                                                                                                                                              |
| 8   | <b>Defocus:</b> I find myself taking the other person's inventory. I keep my private judgments about the quality of other's use and or recoveries.                                                                                                                                                     |
| 9   | <b>Hypersensitivity:</b> I become afraid and angry when I think others want to criticize or confront me.                                                                                                                                                                                               |
| 10  | <b>Distraction:</b> I deliberately give the impression that I am a model of recovery or a leader in my therapy group. This convinces me I can control and so my self-defeating thinking continues. I avoid relationships that I cannot control. I do not want to reveal my real feelings and problems. |
| 11  | <b>Bob and Weave:</b> I create problems but blame others.                                                                                                                                                                                                                                              |
| 12  | <b>Isolation:</b> I begin to stay by myself. I begin to suspect that I really cannot control others so                                                                                                                                                                                                 |

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|    | they become unsafe.                                                                                                                                                                                                                      |
| 13 | <b>Pity Party:</b> I feel sorry for myself because I am alone and others do not understand. I usually focus on only the bad things in my life. I can no longer see the whole cloth of my life, only single threads and they are fraying! |
| 14 | <b>Party's Over:</b> the pity party did not work. I begin to show signs and symptoms of depression. I begin to feel numb, empty, down. Eating, sleeping and other habits may change. I can still cover it up by distracting myself.      |

What do these ✓ mean?

If you checked numbers 1 thru 4; old thoughts and feelings are returning.

If you checked numbers 5-a and 5-b and 6; old thinking/feeling lead to acts of denial.

If you checked numbers 7 thru 12; old defensive behaviors are needed to support the denial.

If you checked numbers 13 and 14; my thinking, feeling, defensive behaviors lead to growing recovery crisis. The only way I see to feel better is to drink, take a pill, a toke, a rock, a line . . .

On \_\_\_\_\_, 2026, I am committing to the following contingency plan for my family & friends to follow. These are my requests.

Summary of Risks To Look Out For:

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- —
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Plan:  
If there is an immediate lapse or slip or worry, please:

If you see a mild change in my thinking or behavior, please:

If there is a moderate change in my thinking or behavior, or use of any kind, please:

If there is a severe change in my thinking or behavior, or active addiction behaviors begin, please:

I agree to follow this plan I CREATED and treat my loved one with respect and care if I need intervention.  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CONTACTS/ #s:

SPONSOR:

FRIEND:

FAMILY:

SUPPORT:

STAFF: