



Activity 2: Learning from Past Relapses

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Complete the table below with up to 10 relapse warning signs you identified from the card activity.

Discovery Cards Summary		
Relapse Warning Signs: statements from the card fronts	Relapse Phase: from colored card backs	How did this warning sign show up for you?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

1. Which relapse phases were you in (excluding Phase 11: Acute Relapse Period)? How far down the path were you?

- Phase 1 — Internal Change
- Phase 2: Denial
- Phase 3: Avoidance & Defensiveness
- Phase 4: Crisis Building
- Phase 5: Immobilization
- Phase 6: Confusion & Overreaction
- Phase 7: Depression
- Phase 8: Behavioral Loss of Control
- Phase 9: Recognition of Loss of Control
- Phase 10: Option Reduction

2. At what point in time did you start to experience these warning signs? Did you notice them at the time or only now looking back?

3. What did you do once they started to affect you? What actions did you not take that you could have taken?

4. What can you do differently in the future? Who can you ask for help and support?