



## Activity 4: Understanding the Relapse Phases & Warning Signs Model

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As you think about your understanding of the Relapse Phases & Warning Signs Model, answer the questions to the right.

**Relapse Phases & Warning Signs**  
Am I on a path toward relapse?

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**Relapse Phases & Warning Signs**  
Am I on a path toward relapse?

1. INTERNAL CHANGE
2. DENIAL
3. AVOIDANCE & DEFENSIVENESS
4. CRISIS BUILDING
5. IMMOBILIZATION
6. CONFUSION & OVERREACTION
7. DEPRESSION
8. BEHAVIORAL LOSS OF CONTROL
9. RECOGNITION OF LOSS OF CONTROL
10. OPTION REDUCTION
11. ACUTE RELAPSE PERIOD

### Questions to Explore

1. Does it help you to know that there is a model describing the relapse process? How does this help?
  
2. Do you see how the emotional and mental progression of warning signs can lead to a physical relapse? Do you see this progression in your own experience? How?
  
3. Does the Relapse Phases & Warning Signs Model make sense given your own experience? Why?