

# Relapse Phases & Warning Signs

What's in the Deck

## Discovery Cards Content Map

### Overview Cards



### Activity Cards



### Relapse Phases Definition Cards



### Sorting Cards



## 6 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Phases & Warning Signs Definition Card
- 1 Model Card
- 1 Expert Card
- 1 R1 Card

## 3 Activity Cards

- Main Color: Black
- 1 Activity 1: Am I on a Path Toward Relapse?
- 1 Activity 2: Learning from Past Relapse
- 1 ME Action Card: individuals write in primary learning and action

## 11 Relapse Phases Definition Cards

- Main Color: White with Color
- 1 Phase 1: Internal Change (Yellow)
- 1 Phase 2: Denial (Light Gold)
- 1 Phase 3: Avoidance & Defensiveness (Gold)
- 1 Phase 4: Crisis Building (Light Orange)
- 1 Phase 5: Immobilization (Orange)
- 1 Phase 6: Confusion & Overreaction (Dark Orange)
- 1 Phase 7: Depression (Darker Orange)
- 1 Phase 8: Behavioral Loss of Control (Red)
- 1 Phase 9: Recognition of Loss of Control (Dark Red)
- 1 Phase 10: Option Reduction (Darker Red)
- 1 Phase 11: Acute Relapse Period (Burgundy)

## 49 Sorting Cards

- Main Color: Mostly Color
- 4 Phase 1: Internal Change (Yellow)
- 2 Phase 2: Denial (Light Gold)
- 6 Phase 3: Avoidance & Defensiveness (Gold)
- 4 Phase 4: Crisis Building (Light Orange)
- 3 Phase 5: Immobilization (Orange)
- 7 Phase 6: Confusion & Overreaction (Dark Orange)
- 5 Phase 7: Depression (Darker Orange)
- 5 Phase 8: Behavioral Loss of Control (Red)
- 5 Phase 9: Recognition of Loss of Control (Dark Red)
- 4 Phase 10: Option Reduction (Darker Red)
- 4 Phase 11: Acute Relapse Period (Burgundy)

## 69 TOTAL CARDS

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