

Relapse Triggers

What's in the Deck

Discovery Cards Content Map

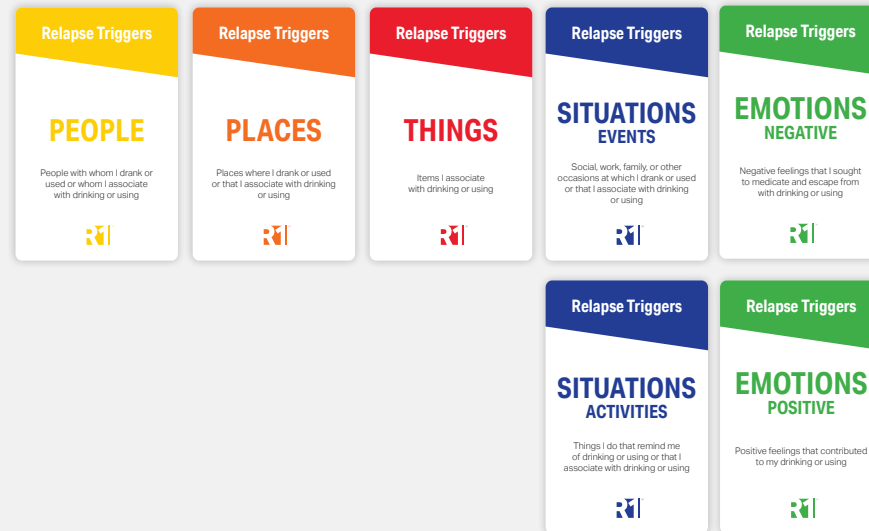
Overview Cards



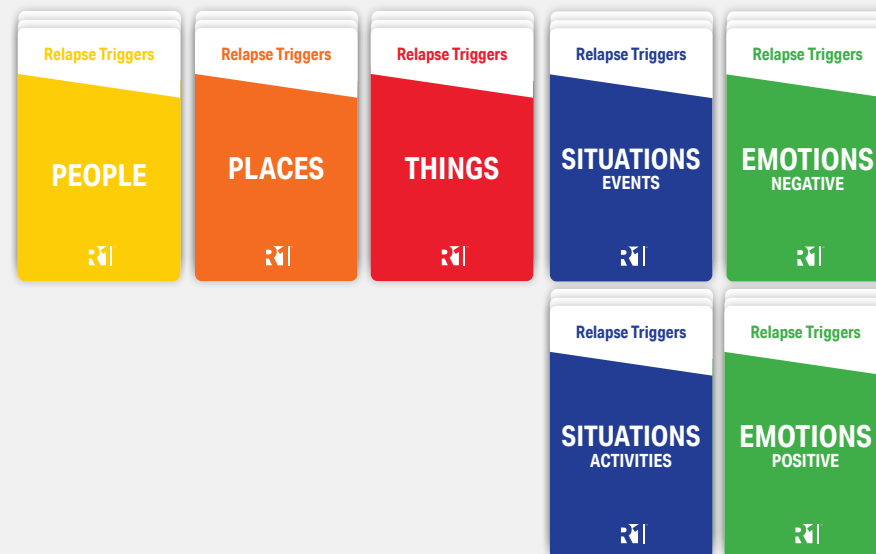
Activity Cards



Relapse Trigger Type Definition Cards



Sorting Cards



What's in the Deck

6 Overview Cards

- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

3 Activity Cards

- 1 Activity 1: What Triggers Me Toward Relapse?
- 1 Activity 2: Learning from Past Relapses
- 1 ME Action Card: individuals write in primary learning and action

7 Relapse Trigger Type Definition Cards

- 1 People (Yellow)
- 1 Places (Orange)
- 1 Things (Red)
- 1 Situations: Events (Blue)
- 1 Situations: Activities (Blue)
- 1 Emotions: Negative (Green)
- 1 Emotions: Positive (Green)

45 Sorting Cards

- 9 People (Yellow)
- 9 Places (Orange)
- 9 Things (Red)
- 9 Situations (Blue)
- 9 Emotions (Green)

61 TOTAL CARDS