

Assessment tool: If you have recently relapsed

If you have recently relapsed, and want to get back to track, there are several things you can do.

1. If possible, immediately stop whatever you have relapsed into.
2. Establish a relationship with a person who can hold you accountable, and check up on you, daily if needed.
3. Assess what are the areas of your life that contributed to your relapse. On the next page is one tool that you can use.
4. Begin to take specific recovery steps to address the areas that contributed to your relapse. These recovery steps are not just to get rid of problems in your life, but to also develop healthy living skills.

One way to do this is to go over the assessment tool after you have filled it out, and choose the top 3 issues that you want to address in your steps to recovery. The important thing is not to try to address all of the symptoms at once, but begin to address them one at a time.

The course ***Understanding Steps to Relapse***, by Dave Batty is available as a free download at www.iteenchallenge.org

5. Join a support group.

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Below are 37 symptoms of relapse. Please circle the number of any symptom that you see in your life, both right now and in the weeks (or months) leading up to your relapse.

Relapse Symptoms*

1. Apprehension about well-being
2. Denial
3. Adamant commitment to sobriety
4. Compulsive attempts to impose sobriety on others
5. Defensiveness
6. Compulsive behavior
7. Impulsive behavior
8. Tendencies toward loneliness
9. Tunnel vision
10. Minor depression
11. Loss of constructive planning
12. Plans begin to fail
13. Idle daydreaming and wishful thinking
14. Feeling that nothing can be solved
15. Immature wish to be happy
16. Periods of confusion
17. Irritation with friends
18. Easily angered
19. Irregular eating habits
20. Listlessness
21. Irregular sleeping habits
22. Progressive loss of daily structure
23. Periods of deep depression
24. Irregular attendance at treatment meetings (or church)
25. Development of an "I don't care" attitude
26. Open rejection of help
27. Dissatisfaction with life
28. Feelings of powerlessness and helplessness
29. Self-pity
30. Thoughts of social drinking**
31. Conscious lying
32. Complete loss of self-confidence
33. Unreasonable resentments
34. Discontinuing all treatment
35. Overwhelming loneliness, frustration, anger, and tension
36. Start of controlled drinking**
37. Loss of control

Add any other symptoms that you have observed in your life not included in this list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

These are predictable symptoms or warning signs that precede return to alcohol (or other addictions)

* This list of symptoms is taken from the book, *Counseling for Relapse Prevention* by Terence T. Gorski & Merlene Miller

**This list of symptoms was originally developed for those addicted to alcohol. So if your relapse was something other than alcohol, just substitute that "label" in place of "drinking" when considering that symptom.