

Relapse Mapping Worksheets

Recovery Reconstruction · Part 5 of 8

Six worksheets that walk the sequence in order, from the pre-relapse phase to what it taught you.

In this workbook

1. Pre-Relapse Phase — Emotional, cognitive & behavioral factors
2. Trigger Event — Specific trigger & initial response
3. Decision Points — Analyzing choices & reflections
4. Substance Use Event — Documenting the relapse experience
5. Post-Use Reflection — Processing the aftermath
6. Lessons Learned — Future prevention planning

WORKSHEET

Pre-Relapse Phase Worksheet

Understanding what led to relapse

EMOTIONAL & COGNITIVE

I. Emotional State

1. Primary emotions experienced before relapse:

- ☐ Anxiety
- ☐ Depression
- ☐ Anger
- ☐ Loneliness
- ☐ Boredom
- ☐ Guilt
- ☐ Shame
- ☐ Other

2. Rate the intensity of your emotions (1-10):

Emotion

Intensity (1-10)

Emotion

Intensity (1-10)

Emotion

Intensity (1-10)

3. How long did you experience these emotional states?

☐ A few hours

☐ A few days

☐ A week or more

☐ Several weeks

Please elaborate...

4. Specific events or situations that triggered these emotions:

II. Cognitive Patterns

1. Recurring thoughts before your relapse:

2. Examples of negative self-talk:

3. Excuses or justifications for potential substance use:

4. Cognitive distortions recognized (check all that apply):

☐ All-or-nothing thinking

- ☐ Overgeneralization
- ☐ Mental filter
- ☐ Discounting the positive
- ☐ Jumping to conclusions
- ☐ Magnification
- ☐ Emotional reasoning
- ☐ Should statements
- ☐ Labeling
- ☐ Personalization

BEHAVIORAL & PHYSICAL

III. Behavioral Changes

1. Changes noticed in your daily routine:

2. Responsibilities you started to neglect:

3. Did you begin to isolate yourself or withdraw from social interactions?

☐ Yes

☐ No

In what ways?

4. Healthy activities or hobbies you stopped engaging in:

IV. Physical Symptoms

1. Sleep disturbances experienced:

- ☐ Difficulty falling asleep
- ☐ Waking up frequently
- ☐ Oversleeping
- ☐ Undersleeping

Please describe...

2. Changes in your appetite:

- ☐ Increased appetite
- ☐ Decreased appetite
- ☐ No change

Additional details

3. How were your energy levels?

- ☐ Very low
- ☐ Somewhat low
- ☐ Normal
- ☐ Somewhat high
- ☐ Very high

Please elaborate

4. Other physical symptoms (headaches, muscle tension, etc.):

ENVIRONMENTAL & REFLECTIONS

V. Environmental Factors

1. Were there any significant stressful life events?

☐ Yes

☐ No

Please describe...

2. Had there been any changes in your living situation?

☐ Yes

☐ No

What were they?

3. Were you experiencing any work-related stress?

☐ Yes

☐ No

Please explain...

4. Were there any financial pressures or concerns?

☐ Yes

☐ No

Please describe...

5. Had there been any changes in your support system or relationships?

☐ Yes

☐ No

What were they?

VI. Additional Reflections

1. Most significant factors contributing to your relapse:

2. Warning signs you now recognize that you missed at the time:

3. Coping strategies or tools from your previous recovery that you stopped using:

WORKSHEET

Trigger Event Worksheet

Mapping the moment that led to relapse

TRIGGER EVENT DETAILS

A. Specific Trigger

1. Date of trigger event:

Time:

2. Location where the trigger occurred:

- ☐ Home
- ☐ Work
- ☐ School
- ☐ Social gathering
- ☐ Other

More details about the location...

3. People involved in the trigger event:

- ☐ Family member(s)
- ☐ Friend(s)
- ☐ Coworker(s)
- ☐ Stranger(s)
- ☐ No one else

Please specify (without using names)

4. Describe what happened during the trigger event:

B. Nature of the Trigger

1. Was the trigger primarily:

☐ External (environmental)

☐ Internal (emotional/mental)

☐ **Both**

2. If external, what specific environmental factors triggered you?

3. If internal, what thoughts or emotions triggered you?

4. How does this trigger relate to past triggers?

☐ Very similar

☐ Somewhat similar

☐ Completely new

Please explain...

5. Strength of this trigger (1-10):

INITIAL RESPONSE

C. Initial Response

1. Your immediate thoughts when you encountered this trigger:

2. Your emotional reaction:

- ☐ Anger
- ☐ Anxiety
- ☐ Sadness
- ☐ Frustration
- ☐ Excitement
- ☐ Fear
- ☐ Other

3. Rate the intensity of your emotional reaction (1-10):

4. Physical sensations experienced:

- ☐ Increased heart rate
- ☐ Sweating
- ☐ Trembling
- ☐ Nausea
- ☐ Muscle tension
- ☐ Other

5. Coping strategies used immediately after the trigger:

First Decision Point

1. What options did you consider after the trigger?

Option 1

Option 2

Option 3

2. Which option did you choose?

3. Why did you choose this option? What was your reasoning?

4. Did you try to rationalize or justify your choice? If so, how?

5. At this point, did you believe you were at risk of relapsing?

☐ Yes

☐ No

☐ Unsure

Please explain...

Looking back, at what point do you think relapse became inevitable?

Were there critical moments where a different decision could have prevented the relapse?

What have you learned about your decision-making process from this analysis?

WORKSHEET

Decision Points Worksheet

Analyzing the choices that led to relapse

DECISION POINTS

Subsequent Decision Points

Decision Point #1

1. What was the situation at this point?

2. What options did you consider?

Option 1

Option 2

Option 3

Option 4

3. Which option did you choose?

4. What was your reasoning for this choice?

5. How confident were you this was the right decision? (1-10)

6. At this point, did you feel like you were getting closer to relapse?

☐ Yes

☐ No

☐ Unsure

Please explain...

7. Internal or external factors influencing this decision:

☐ Emotions

☐ Physical cravings

☐ Social pressure

☐ Environmental cues

☐ Other

8. Did you consider reaching out for help at this point?

☐ Yes

☐ No

FINAL REFLECTIONS

Final Decision Leading to Substance Use

1. Describe the final decision that led directly to substance use:

2. Options considered at this final point:

Option 1

Option 2

3. How did you rationalize or justify the decision to use?

4. Did you feel like you had a choice at this point?

☐ Yes

☐ No

☐ Unsure

Please explain...

Reflection on Decision-Making Process

1. At which decision point do you think the relapse became most likely?

2. Common themes in your rationalizations across different decision points:

3. How did your emotions change throughout this decision-making process?

4. At what point did you stop using your relapse prevention strategies?

5. What have you learned about your decision-making process?

6. Three alternative decisions you could have made:

Alternative decision 1

Alternative decision 2

Alternative decision 3

7. Strategies to implement in the future for healthier decisions:

WORKSHEET

Substance Use Event Worksheet

Documenting the relapse experience

CIRCUMSTANCES

A. Circumstances

1. Date of substance use:

Time:

2. Location where substance use occurred:

- ☐ Home
- ☐ Friend's place
- ☐ Bar/Club
- ☐ Public place
- ☐ Other

More details about the location...

3. People present during substance use:

- ☐ Alone
- ☐ Friend(s)
- ☐ Family member(s)
- ☐ Stranger(s)
- ☐ Dealer
- ☐ Other

Number of people present (including yourself)

4. Were any of these people also using substances?

☐ Yes

☐ No

☐ Unsure

Please explain (without using names)...

5. Did anyone try to discourage your substance use?

☐ Yes

☐ No

How did you respond?

SUBSTANCE DETAILS

B. Substance Details

1. Type of substance(s) used:

☐ Alcohol

☐ Cannabis

☐ Cocaine

☐ Heroin

☐ Methamphetamine

☐ Prescription opioids

☐ Benzodiazepines

☐ Other

2. Substance details:

Substance 1:

Name

Amount consumed

Method of consumption

Duration of use (e.g., over how many hours)

Substance 2 (if applicable):

Name

Amount consumed

Method of consumption

Duration of use

3. Was this your typical amount/method of use in the past?

☐ Yes

☐ No

How was it different?

4. Did you have a specific goal or expectation for this substance use?

CONSEQUENCES

C. Immediate Consequences

1. Physical effects:

- ☐ Intoxication
- ☐ Nausea
- ☐ Dizziness
- ☐ Increased heart rate
- ☐ Sweating
- ☐ Relaxation
- ☐ Pain relief
- ☐ Other

Describe these effects in more detail...

2. Emotional state:

During use

Immediately after use

3. Intensity of emotions (1-10):

During use:

Immediately after:

4. Behavioral outcomes:

- ☐ Impaired judgment
- ☐ Risk-taking behavior
- ☐ Aggression
- ☐ Social withdrawal
- ☐ Excessive talking
- ☐ Paranoia
- ☐ Other

Provide specific examples...

5. Did you engage in any behaviors you later regretted?

- ☐ Yes
- ☐ No

Please explain...

6. Immediate negative consequences:

- ☐ Legal issues
- ☐ Relationship problems
- ☐ Work/school issues
- ☐ Financial problems
- ☐ Health issues
- ☐ Other

Please elaborate...

D. Reflection on the Substance Use Event

1. How did this event compare to your expectations or goals?

2. At what point did you realize you had relapsed?

3. What thoughts went through your mind during the substance use?

4. What thoughts went through your mind immediately after?

5. Did you attempt to stop or control your use during this event?

☐ Yes

☐ No

What happened?

6. How long did this substance use event last?

From first use to when you stopped

7. What ultimately made you stop using?

8. Most significant factor that contributed to this relapse:

9. What have you learned from this relapse experience?

WORKSHEET

Post-Use Reflection Worksheet

Processing the aftermath of relapse

EMOTIONAL & COGNITIVE

A. Emotional Response

1. Feelings immediately after use (rate intensity 1-10):

guilt:

1-10

shame:

1-10

regret:

1-10

relief:

1-10

anger:

1-10

anxiety:

1-10

disappointment:

1-10

hopelessness:

1-10

sadness:

1-10

confusion:

1-10

other:

1-10

Describe your emotional state in more detail...

2. How did your emotions change over the next few days?

Did any new emotions arise?

☐ Yes

☐ No

What were they?

3. Motivation to return to recovery (1-10):

Immediately after use:

A few days after:

What influenced any changes in motivation?

B. Cognitive Evaluation

1. Primary thoughts about the relapse:

☐ I've ruined everything

☐ I can't do this

☐ It's not a big deal

☐ I need help

☐ I've learned from this

☐ I'm a failure

☐ Other

Please elaborate on your thoughts...

2. How did the relapse affect your view of yourself?

Did your self-perception change over the following days?

☐ Yes

☐ No

How?

3. How did this event affect your view of your overall recovery journey?

4. Insights or lessons gained from this relapse experience:

BEHAVIORAL AFTERMATH

C. Behavioral Aftermath

1. Actions taken after relapse:

- ☐ Contacted sponsor/recovery support
- ☐ Attended a support group meeting
- ☐ Sought professional help
- ☐ Told family/friends about the relapse
- ☐ Isolated myself
- ☐ Continued using substances
- ☐ Reengaged with recovery plan
- ☐ Other

Provide more details about your actions...

2. Impact on daily life:

a. Daily routine:

b. Relationships:

c. Work/school performance:

d. Physical health:

e. Mental health:

3. Did you make changes to your recovery plan?

☐ Yes

☐ No

What changes did you make?

4. How did your support system respond to your relapse?

Did you reach out for additional support?

☐ Yes

☐ No

What kind of support?

MOVING FORWARD

D. Moving Forward

1. What do you see as your biggest challenges in maintaining recovery going forward?

2. What strengths or resources can you draw upon to overcome these challenges?

3. Specific strategies or tools you plan to use to prevent future relapses:

4. How confident do you feel about your ability to maintain recovery now? (1-10)

What would help increase your confidence?

WORKSHEET

Lessons Learned & Future Prevention

Building a stronger recovery plan

KEY INSIGHTS

A. Key Insights

Identify at least three important insights from your relapse experience.

Key Insight #1

Insight:

How I came to this realization:

How this insight will impact my recovery:

Key Insight #2

Insight:

How I came to this realization:

How this insight will impact my recovery:

Key Insight #3

Insight:

How I came to this realization:

How this insight will impact my recovery:

Additional Insights (if any):

INTERVENTIONS

B. Potential Interventions

Identify at least three specific interventions to prevent future relapses.

Intervention #1

Intervention:

Specific steps to implement:

Step 1

Step 2

Step 3

How this intervention addresses my relapse risks:

Intervention #2

Intervention:

Specific steps to implement:

Step 1

Step 2

Step 3

How this intervention addresses my relapse risks:

Intervention #3

Intervention:

Specific steps to implement:

Step 1

Step 2

Step 3

How this intervention addresses my relapse risks:

Additional Interventions (if any):

C. Support System Adjustments

Identify at least three adjustments to strengthen your recovery support network.

Support Adjustment #1

Support System Adjustment:

Why this adjustment is necessary:

Steps to implement:

Step 1

Step 2

Step 3

Support Adjustment #2

Support System Adjustment:

Why this adjustment is necessary:

Steps to implement:

Step 1

Step 2

Step 3

Support Adjustment #3

Support System Adjustment:

Why this adjustment is necessary:

Steps to implement:

Step 1

Step 2

Step 3

Additional Support System Adjustments (if any):

ACTION PLAN

D. Integration and Action Plan

1. Which changes will have the most significant impact on preventing future relapses?

2. What potential obstacles might you face in implementing these changes?

3. How will you overcome these obstacles?

4. Timeline for implementing your top three priority changes:

Change 1

Change 2

Change 3

5. How will you measure the effectiveness of these changes?

6. Who will you share this action plan with to help keep you accountable?

E. Commitment to Recovery

Write a brief statement of commitment to your recovery, incorporating the lessons learned and changes you plan to make.

Your name

I commit to my ongoing recovery by...

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