

Risk Assessment & Warning Signs

Recovery Reconstruction · Part 6 of 8

Naming your own signals early enough to act on them.

In this workbook

- Risk Assessment — Comprehensive risk factors evaluation
- Warning Signs ID — Identify personal warning signs
- Warning Signs Monitor — Track weekly warning signs

WORKSHEET

Relapse Risk Factors Self-Assessment

Rate each factor from 0-5 (0 = not a concern, 5 = significant concern)

1. Psychological Factors

Stress level

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Negative emotions (anger, sadness, fear)

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Cognitive distortions (all-or-nothing thinking)

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Low self-esteem

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Unresolved trauma

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. Social Factors

Peer pressure

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Relationship issues

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Lack of support system

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Social isolation

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Family conflicts

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. Environmental Triggers

Exposure to substance-using environments

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Living in high-risk neighborhood

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Workplace stress or substance availability

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Financial stress

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Lack of stable housing

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. Physiological Factors

Chronic pain

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep disorders

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Nutritional deficiencies

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Hormonal imbalances

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Co-occurring mental health conditions

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. Treatment-Related Factors

Inadequate aftercare planning

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Premature discharge from treatment

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Lack of ongoing therapy or counseling

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Medication management issues

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Insufficient coping skills training

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. Overall Risk Assessment

☐ Low risk (most factors rated 0-1)

☐ Moderate risk (most factors rated 2-3)

☐ High risk (most factors rated 4-5)

7. Top Three Risk Factors

1. Top risk factor

2. Second risk factor

3. Third risk factor

8. Protective Factors

List strengths or resources that help mitigate risk:

1. Protective factor

2. Protective factor

3. Protective factor

9. Action Plan

Based on your identified risk factors, what steps will you take to strengthen your recovery?

10. Support Network

Who can you reach out to for support in addressing these risk factors?

Remember: This assessment is a tool for self-awareness and proactive recovery management. If you identify high-risk factors, consider discussing them with a treatment professional or support group.

WORKSHEET

Identification of Warning Signs

Recognizing early indicators of relapse risk

EMOTIONAL SIGNS

A. Emotional Warning Signs

List at least three emotional changes or states that you recognize as warning signs.

Emotional Warning Sign #1

Warning sign:

How it manifested:

When did you first notice it?

How long did it persist before the relapse?

Emotional Warning Sign #2

Warning sign:

How it manifested:

When did you first notice it?

How long did it persist before the relapse?

Emotional Warning Sign #3

Warning sign:

How it manifested:

When did you first notice it?

How long did it persist before the relapse?

Additional Emotional Warning Signs (if any):

COGNITIVE SIGNS

B. Cognitive Warning Signs

Identify at least three changes in your thinking patterns.

Cognitive Warning Sign #1

Warning sign:

Example of this thought:

How often did this thought occur?

Did you recognize it as problematic at the time?

☐ Yes

☐ No

Cognitive Warning Sign #2

Warning sign:

Example of this thought:

How often did this thought occur?

Did you recognize it as problematic at the time?

☐ Yes

☐ No

Cognitive Warning Sign #3

Warning sign:

Example of this thought:

How often did this thought occur?

Did you recognize it as problematic at the time?

☐ Yes

☐ No

Additional Cognitive Warning Signs (if any):

BEHAVIORAL

C. Behavioral Warning Signs

List at least three changes in your behaviors.

Behavioral Warning Sign #1

Warning sign:

Specific example:

When did this behavior start/stop?

Did anyone else notice this change?

☐ Yes

☐ No

☐ Unsure

Behavioral Warning Sign #2

Warning sign:

Specific example:

When did this behavior start/stop?

Did anyone else notice this change?

☐ Yes

☐ No

☐ Unsure

Behavioral Warning Sign #3

Warning sign:

Specific example:

When did this behavior start/stop?

Did anyone else notice this change?

☐ Yes

☐ No

☐ Unsure

Additional Behavioral Warning Signs (if any):

D. Reflection on Warning Signs

1. Which category is most significant for predicting potential relapse?

2. Were there warning signs you recognized but ignored or minimized?

☐ Yes

☐ No

Which ones and why?

3. New warning signs identified through this reflection:

4. Time between noticing warning signs and actual relapse:

5. Strategies to better recognize these warning signs in the future:

6. Actions to take when you notice these warning signs:

7. Who could help you recognize these warning signs?

E. Warning Signs Action Plan

If I notice [Emotional Warning Sign], I will:

If I experience [Cognitive Warning Sign], I will:

If I engage in [Behavioral Warning Sign], I will:

The first person I will contact if I notice any warning signs:

My emergency support contact:

Name

Phone number

WORKSHEET

Relapse Warning Signs Worksheet

Monitor potential warning signs from the past week

Emotional Signs

- ☐ Increased irritability
- ☐ Mood swings
- ☐ Anxiety
- ☐ Depression
- ☐ Overconfidence
- ☐ Emotional numbness

Frequency (times per week):

Intensity (1-10):

Other emotional signs observed...

Behavioral Signs

- ☐ Isolation from support system
- ☐ Abandoning recovery routines
- ☐ Lying or being dishonest
- ☐ Visiting places associated with past use
- ☐ Neglecting responsibilities
- ☐ Changes in eating habits

Frequency (times per week):

Intensity (1-10):

Other behavioral signs observed...

Cognitive Signs

- ☐ Glamorizing past substance use
- ☐ Minimizing consequences of use
- ☐ Bargaining (e.g., "I can have just one")
- ☐ All-or-nothing thinking
- ☐ Difficulty concentrating
- ☐ Obsessive thoughts about using

Frequency (times per week):

Intensity (1-10):

Other cognitive signs observed...

Physical Signs

- ☐ Sleep disturbances
- ☐ Neglecting self-care
- ☐ Unexplained physical aches or pains
- ☐ Changes in appetite
- ☐ Fatigue or low energy
- ☐ Restlessness or agitation

Frequency (times per week):

Intensity (1-10):

Other physical signs observed...

Reflection

1. Which category of signs is most prominent for you?

2. What specific signs are most critical to watch for in your recovery?

3. What steps can you take to address these warning signs?

4. Who can you reach out to when you notice these signs?

Remember: Recognizing these signs early is a strength, not a weakness. It allows you to take proactive steps in your recovery journey.