

Rebuilding After Relapse

Recovery Reconstruction · Part 8 of 8

The repair work: self-trust, family, work, community, and the identity underneath all of it.

In this workbook

- Rebuilding Self-Trust — Restoring confidence in yourself
- Family Relationships — Healing family connections
- Professional Relationships — Workplace trust & performance
- Recovery Community Trust — Re-entering support groups
- Breaking Shame Spiral — Overcoming shame in recovery
- HALT & Holistic Needs — Comprehensive self-care
- Internalized Stigma — Overcoming self-stigma
- Self-Disappointment — Processing disappointment after relapse
- Guilt Towards Loved Ones — Healing relationships after relapse
- Fear of Judgment — Overcoming fear & re-engaging
- Navigating Identity — Rebuilding sense of self

WORKSHEET

Rebuilding Self-Trust in Recovery

Restoring confidence in yourself

1. Self-Assessment - Current level of self-trust (1-10):

Three ways your lack of self-trust manifests in daily life:

a. Manifestation

b. Manifestation

c. Manifestation

2. Incremental Goal-Setting - Three small, achievable goals for next week:

a. Goal

b. Goal

c. Goal

3. Self-Reflection Exercise - Journal about a recent decision (10 minutes):

What went well? What would you do differently?

4. Positive Self-Talk - Three affirmations to practice daily:

a. "I am capable of..."

b. "I trust myself to..."

c. Every day, I'm getting better at...

5. Skill-Building - One new skill to develop:

Three steps to start learning this skill:

a. Step

b. Step

c. Step

6. Celebrating Small Victories - Daily accomplishments:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7. Weekly Reflection:

What went well?

What challenges did you face?

How has your self-trust changed?

Remember: Rebuilding self-trust is a gradual process. Be patient with yourself and celebrate every step forward, no matter how small.

WORKSHEET

Rebuilding Family Relationships

Healing family connections in recovery

1. Family Dynamics Assessment - Key family members affected:

Name

Relationship

Primary emotion

Name

Relationship

Primary emotion

Name

Relationship

Primary emotion

2. Family Therapy Goals - Three goals for sessions:

a. Goal

b. Goal

c. Goal

3. Psychoeducation Plan - Key points about addiction/relapse for family:

a. Key point

b. Key point

c. Key point

4. Communication Exercise - Practice "I" statements:

I feel ____ when ____ because _____. What I need is _____.

5. Gradual Reintegration Plan - Responsibilities/activities to resume:

a. Activity/responsibility

First step towards reintegration

b. Activity/responsibility

First step towards reintegration

c. Activity/responsibility

First step towards reintegration

6. Collaborative Recovery Planning - Ways family can be involved:

a. Family involvement

b. Family involvement

c. Family involvement

7. Boundary Setting - Two healthy boundaries to establish:

a. Boundary

b. Boundary

8. Appreciation Exercise - Note to a supportive family member:

9. Weekly Family Check-in:

Day/Time

Topics to discuss

10. Personal Reflection:

Biggest challenge in rebuilding family trust?

What gives you hope for your family relationships?

Remember: Rebuilding family trust takes time and consistent effort. Be patient, honest, and committed to your recovery and your relationships.

WORKSHEET

Rebuilding Professional Relationships

Restoring workplace trust and performance

1. Current Professional Status:

Employment status

Current role/position

Disclosed recovery status to employer?

☐ Yes

☐ No

2. Professional Consequences Assessment:

a. Consequence

b. Consequence

c. Consequence

3. Communication Plan - Key points to discuss with employer:

a. Key point

b. Key point

c. Key point

4. Performance Improvement Plan:

a. Area to improve

Specific, measurable goal

b. Area to improve

Specific, measurable goal

c. Area to improve

Specific, measurable goal

5. Employment Support Resources - Two programs:

a. Program

b. Program

6. Professional Development - Two skills to develop:

a. Skill/knowledge area

One action step to start

b. Skill/knowledge area

One action step to start

7. Consistent Performance Tracker (one week):

Punctuality:

Task Completion:

Quality of Work:

8. Trust-Building Actions - Three actions to rebuild colleague trust:

a. Action

b. Action

c. Action

9. Professional Boundaries - Two boundaries to maintain:

a. Boundary

b. Boundary

10. Long-Term Career Vision - Professional goals for next year:

11. Weekly Reflection:

What went well professionally this week?

What challenges did you face?

One thing to improve next week?

Remember: Rebuilding professional trust is gradual. Focus on consistent, reliable performance and open communication. Your commitment to recovery and professional growth will help rebuild your reputation over time.

WORKSHEET

Rebuilding Trust in Recovery Community

Re-entering and reconnecting with support

1. Community Re-entry Assessment - Comfort level (1-10):

Three concerns about re-entering the community:

a. Concern

b. Concern

c. Concern

2. Honest Sharing Plan - Brief statement about relapse to share:

3. Service Work Opportunities - Three ways to contribute:

a. Service work

b. Service work

c. Service work

4. Sponsorship/Mentorship - Current sponsor status:

- ☐ Need to find
- ☐ Need to reconnect
- ☐ Have one

Action plan for sponsorship...

5. Meeting Attendance Schedule - Plan weekly attendance:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

6. Peer Support Training - Research programs:

Program name

Requirements

Next steps

7. Trust-Building Actions - Three specific actions:

a. Action

b. Action

c. Action

8. Personal Growth Reflection - How has relapse informed your journey?

9. Shame Reduction Exercise - Self-compassionate statement:

10. Community Connection Tracker - One week:

Day

Action taken

Day

Action taken

Day

Action taken

Day

Action taken

Day

Action taken

Day

Action taken

Day

Action taken

11. Weekly Reflection:

What went well in community interactions?

What challenges did you face?

How has your sense of belonging changed?

Remember: Rebuilding trust in the recovery community takes time and consistent effort. Your honesty, service, and regular participation will demonstrate your commitment to recovery.

WORKSHEET

Breaking the Shame Spiral

Tools for overcoming shame in recovery

1. Shame Spiral Awareness - Current shame level (1-10):

Describe your most recent shame spiral:

2. Identify Shame Triggers - Three specific triggers:

a. Trigger

b. Trigger

c. Trigger

3. Physical Sensations of Shame - Three bodily sensations:

a. Sensation

b. Sensation

c. Sensation

4. Shame Thoughts - Three common thoughts during shame spiral:

a. Thought

b. Thought

c. Thought

5. Reframing Shame Thoughts - Balanced, compassionate alternatives:

a. Reframed thought

b. Reframed thought

c. Reframed thought

6. Self-Compassion Statement - Kind, understanding statement about relapse:

7. Coping Strategies - Three healthy strategies instead of substance use:

a. Strategy

b. Strategy

c. Strategy

8. Support System - Three people to reach out to when feeling shame:

a. Person

b. Person

c. Person

9. Worthiness Affirmations - Three affirmations about inherent worth:

a. Affirmation

b. Affirmation

c. Affirmation

10. Action Plan - Steps when feeling a shame spiral starting:

1. Step

2. Step

3. Step

4. Step

5. Step

11. Daily Practice - One small action to build shame resilience:

12. Reflection - At the end of the week:

How many times did you experience a shame spiral?

Were you able to interrupt any spirals? How?

What was most helpful in managing shame?

Remember: Breaking shame spirals takes practice and patience. Your worth is not determined by your struggles with addiction. Every step you take to interrupt the shame cycle is a step towards healing.

WORKSHEET

Addressing HALT & Holistic Needs

Comprehensive self-care in recovery

1. HALT Self-Assessment - Rate each factor (1-10):

Hungry:

Angry:

Lonely:

Tired:

2. Identifying Triggers - Situation that typically triggers each:

Hungry:

Angry:

Lonely:

Tired:

3. Spiritual Hunger - Current level (1-10):

Three activities that nourish your spirit:

a. Activity

b. Activity

c. Activity

4. Emotional Hunger - Current level (1-10):

Three ways to address emotional needs:

a. Way

b. Way

c. Way

5. Mental Hunger - Current level (1-10):

Three activities that engage your mind positively:

a. Activity

b. Activity

c. Activity

6. HALT Action Plan - Healthy response for each factor:

Hungry:

Angry:

Lonely:

Tired:

7. Holistic Self-Care Plan:

Spiritual:

Emotional:

Mental:

Physical:

8. Support System - Three people for holistic recovery support:

a. Person

b. Person

c. Person

9. Daily Check-In - Brief ritual addressing HALT and holistic needs:

10. Relapse Prevention Strategies - Three strategies to address HALT:

a. Strategy

b. Strategy

c. Strategy

11. Reflection - At the end of the week:

Which HALT factor was most challenging?

How did addressing your spiritual/emotional/mental needs impact recovery?

Remember: HALT is vital for relapse prevention, but addressing deeper spiritual, emotional, and mental needs is crucial for long-term recovery. Regular self-assessment and proactive self-care can significantly strengthen your resilience.

WORKSHEET

Addressing Internalized Stigma

Overcoming self-stigma in recovery

1. Stigma Self-Assessment - Current level (1-10):

Three ways internalized stigma manifests:

a. Manifestation

b. Manifestation

c. Manifestation

2. Challenging Stigmatizing Thoughts - Common thoughts:

a. Stigmatizing thought

b. Stigmatizing thought

c. Stigmatizing thought

Reframe each thought compassionately:

a. Reframed thought

b. Reframed thought

c. Reframed thought

3. Education Review - Three facts about neurobiological basis:

a. Fact

b. Fact

c. Fact

How do these facts challenge feelings of being weak-willed?

4. Self-Compassion Exercise - Letter from compassionate perspective:

5. Stigma in Society - Three examples of addiction stigma:

a. Example

b. Example

c. Example

How can you challenge these societal stigmas?

6. Support System - Three people who support without judgment:

a. Person

b. Person

c. Person

7. Positive Self-Identity - Five positive qualities unrelated to addiction:

a. Quality

b. Quality

c. Quality

d. Quality

e. Quality

8. Daily Affirmation - Personal affirmation to combat stigma:

9. Action Plan - Three actions this week to challenge stigma:

a. Action

b. Action

c. Action

10. Reflection - At the end of the week:

How has your perception of yourself changed?

What was most challenging about addressing stigma?

What strategy was most helpful?

Remember: Overcoming internalized stigma is a process. Be patient with yourself and celebrate every step towards a more compassionate self-view.

WORKSHEET

Addressing Self-Disappointment

Processing disappointment after relapse

1. Emotional Check-in - Level of self-disappointment (1-10):

Three primary emotions you're experiencing:

a. Emotion

b. Emotion

c. Emotion

2. Milestone Reflection - Three significant milestones achieved:

a. Milestone

b. Milestone

c. Milestone

How can these achievements still be valuable despite relapse?

3. Progress Inventory - Five skills/insights you still possess:

a. Skill or insight

b. Skill or insight

c. Skill or insight

d. Skill or insight

e. Skill or insight

4. Reframing Exercise:

Write down a self-disappointing thought...

Now reframe it in a recovery-oriented way...

5. Grieving Process:

What specific aspects of your recovery are you grieving?

Letter to your lost clean time, expressing feelings...

6. Learning Opportunity - Three things learned from relapse:

a. Learning

b. Learning

c. Learning

7. Moving Forward Plan - Three new recovery goals:

a. Goal

b. Goal

c. Goal

8. Self-Compassion Statement - Compassionate statement about this experience:

9. Support System - Three people to talk to about disappointment:

a. Person

b. Person

c. Person

10. Daily Affirmation - Affirmation to combat self-disappointment:

11. Reflection and Growth - At the end of the week:

How has your perspective on the relapse changed?

What was most challenging about addressing disappointment?

What strategy was most helpful in moving forward?

Remember: Relapse is part of many people's recovery journey. Your worth is not determined by continuous sobriety, but by your commitment to growth and healing.

WORKSHEET

Addressing Guilt Towards Loved Ones

Healing relationships after relapse

1. Guilt Assessment - Level of guilt (1-10):

Three primary ways this guilt manifests:

a. Manifestation

b. Manifestation

c. Manifestation

2. Impact Inventory - Loved ones most affected:

a. Name

Relationship

How they were affected

b. Name

Relationship

How they were affected

c. Name

Relationship

How they were affected

3. Specific Incidents - Incidents that intensified guilt:

a. Incident

b. Incident

c. Incident

4. Amends Planning - Potential amends for each incident/person:

a. Amends

b. Amends

c. Amends

5. Trust Rebuilding Strategies - Three actions to rebuild trust:

a. Action

b. Action

c. Action

6. Communication Exercise - Brief, honest statement to share:

7. Self-Forgiveness - Self-forgiveness statement:

8. Boundary Setting - Two healthy boundaries while addressing guilt:

a. Boundary

b. Boundary

9. Support System - Two people who can support you:

a. Person

b. Person

10. Action Plan - Three steps this week to address guilt:

a. Step

b. Step

c. Step

11. Reflection - At the end of the week:

What was most challenging about addressing guilt?

How has your perspective on guilt changed?

What positive outcomes have you observed?

Remember: Addressing guilt is a process. Focus on taking positive actions to make amends and rebuild trust. Your commitment to recovery is the best gift you can give.

WORKSHEET

Addressing Fear of Judgment

Overcoming fear and re-engaging

1. Fear Assessment - Fear of judgment level (1-10):

Three specific situations where you fear judgment:

a. Situation

b. Situation

c. Situation

2. Thought Analysis - Fearful thoughts for each situation:

a. Fearful thought

b. Fearful thought

c. Fearful thought

Challenge with more balanced perspective:

a. Balanced perspective

b. Balanced perspective

c. Balanced perspective

3. Support System Inventory - Three supportive people:

a. Person

b. Person

c. Person

4. Positive Experiences - Two positive experiences in recovery settings:

a. Experience

b. Experience

5. Self-Worth Affirmations - Three affirmations about inherent worth:

a. Affirmation

b. Affirmation

c. Affirmation

6. Gradual Exposure Plan - Three small steps to re-engage:

a. Step

b. Step

c. Step

7. Sharing Strategy - Brief statement about relapse to share:

8. Personal Strengths - Three strengths you bring to recovery community:

a. Strength

b. Strength

c. Strength

9. Reframing Exercise - Reframe loss of status as opportunity for:

10. Action Plan - One recovery activity to attend this week:

How will you prepare yourself emotionally?

11. Reflection - After attending the activity:

What went well?

What was challenging?

How did your fear compare to reality?

Remember: Everyone in recovery has faced challenges. Your honesty and courage in returning can inspire others. Seeking support is a sign of strength, not weakness.

WORKSHEET

Navigating Identity After Relapse

Rebuilding sense of self

1. Identity Assessment - Strength of recovery identity before relapse (1-10):

Three ways your identity was tied to recovery:

a. Way

b. Way

c. Way

2. Identity Exploration - Five aspects unrelated to recovery:

a. Aspect

b. Aspect

c. Aspect

d. Aspect

e. Aspect

3. Values Clarification - Three core values that define you:

a. Value

b. Value

c. Value

How can these values guide you in your current situation?

4. Redefining Recovery - What being in recovery means to you now:

5. Integrating Experiences - How relapse contributed to personal growth:

6. Future Self Visualization - Person you aspire to be, beyond labels:

7. Challenging Old Self Perceptions - Three ways you've grown/changed:

a. Growth area

b. Growth area

c. Growth area

8. Identity Affirmation - Statement affirming identity beyond recovery status:

9. Role Exploration - Three roles or responsibilities in life:

a. Role

b. Role

c. Role

How do these roles contribute to your sense of self?

10. Action Plan - Three activities this week aligned with broader identity:

a. Activity

b. Activity

c. Activity

11. Reflection - At the end of the week:

How has your perception of your identity shifted?

What was most challenging about this process?

What new insights have you gained about yourself?

Remember: Your identity is multifaceted and constantly evolving. A relapse doesn't erase progress or who you've become. This is an opportunity to develop a more comprehensive, resilient sense of self.