

Relapse Journey Map

Trace and understand relapse patterns

Printable worksheet · 1 part

Name _____ Date _____

Relapse Journey Map

Walking Through A Relapse: Interactive Journey Map

Understanding Your Personal Relapse Pattern to Build Stronger Recovery

Important: This Tool is for Learning, Not Crisis

If you're experiencing cravings or considering relapse right now, please:

- Call your sponsor or support person immediately
- Attend a meeting (in-person or online)
- Call a crisis hotline: 988 (Suicide & Crisis Lifeline)
- Go to an emergency room if you're in immediate danger

About this tool: This worksheet helps you map your personal relapse pattern to identify warning signs and create prevention strategies.

Relapse Stages (Drag to Map)

1

Making Progress in Recovery

Working program, feeling better, handling problems effectively

2

Hitting Stuck Points

Getting stuck, going through motions, believing program less important

3

High Stress Reactions

Feeling tense, mood swings, hiding feelings from others

4

Return to Denial

Stop doing recovery activities, thinking you're cured, debate begins

5

Addicted Beliefs Return

Old beliefs resurface, thinking you can use moderately

6

Irrational Thinking Returns

Relapse justifications, impulsive behaviors, co-signing your BS

7

Urges to Use

Deprivation anxiety, boredom with sobriety, cravings

8

Social Isolation

Pushing helpers away, stopping meetings, attracting enablers

9

Inner Conflict

Battle between sober self and addictive self

10

Crisis Building

Problems multiply, nothing works, feeling overwhelmed

11

Immobilization

Feeling trapped, giving up, can't get started

12

Experiencing Painful Problems

Can't think clearly, restless/irritable, poor decisions

13

Returning to Addictive Thinking

Violating values, self-pity, feeling hopeless

14

High Risk Situations

Thinking relapse is only way out, tempting fate

15

Relapse

Using again, losing control, spiraling

Your Personal Relapse Journey Map**Drag stages here to map your relapse pattern**

Arrange them in the order YOU experience them

Click on placed stages to add personal notes

Recovery - Positive progress

Warning - Early warning signs

Danger - High risk zone

Crisis - Immediate action needed

○ Create Prevention Plan

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Remember: Relapse is not inevitable. Understanding your pattern helps prevent it.