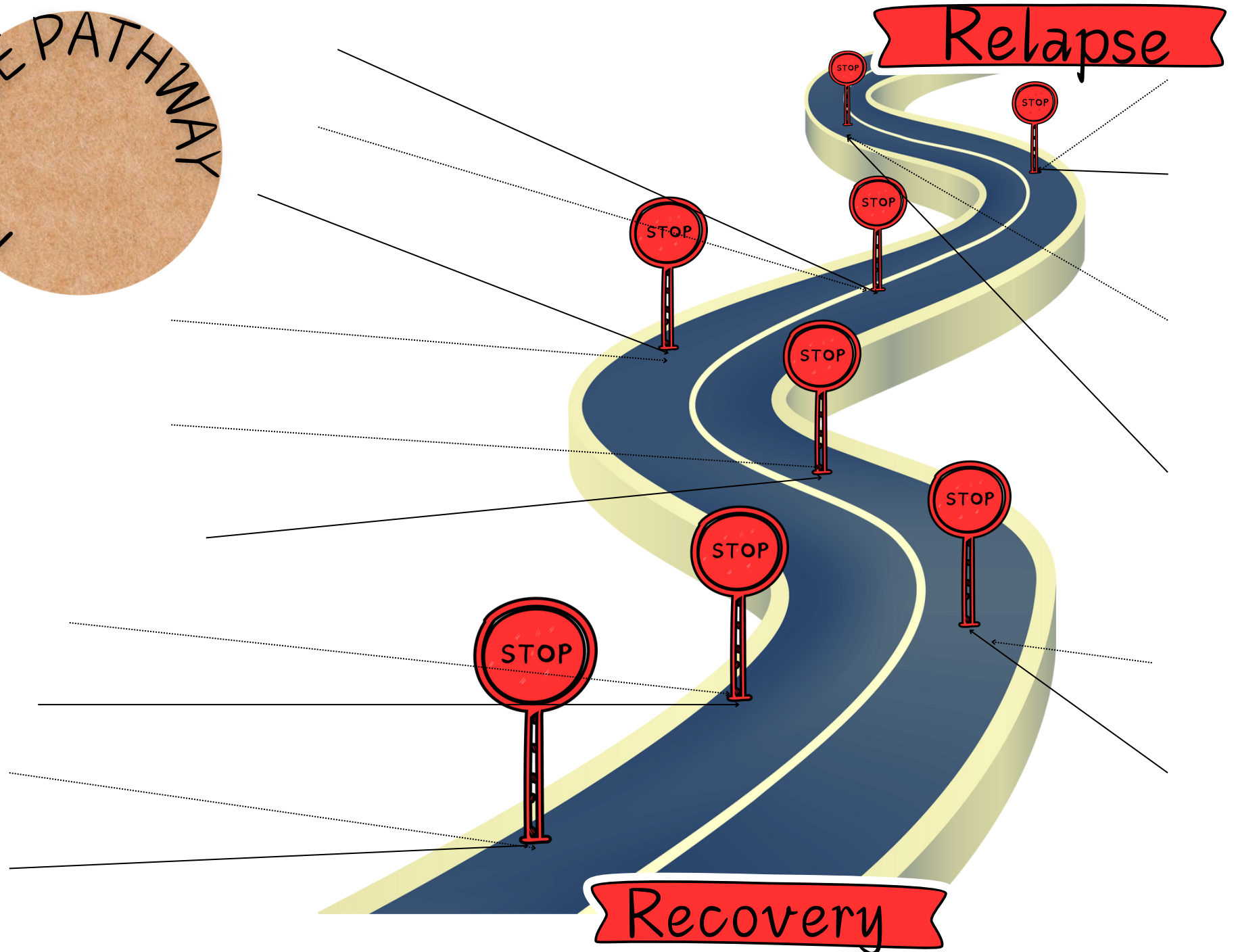


RELAPSE PATHWAY



Instructions: Read through this list of warning signs and check those that apply to you. Place those you checked on your own warning signs not listed on your relapse pathway in the order that they tend to occur, in early, middle, or late on the pathway.

WARNING SIGNS

☐	Depression
☐	Defensiveness
☐	Confusion
☐	Easily Angered
☐	Insomnia
☐	Hypersomnia
☐	Missing appointments
☐	"I don't care" attitude
☐	Isolating behavior
☐	Denial
☐	Believing "I'll never use again."
☐	Impulsive/Compulsive behavior
☐	Tunnel Vision
☐	Daydreaming/Wishful thinking
☐	Irregular eating habits
☐	Loss of daily structure
☐	Open rejection to help
☐	Dissatisfaction with life
☐	Powerlessness and Helplessness
☐	Self pity
☐	Loss of behavioral control
☐	Overwhelming loneliness
☐	Resentment

Instructions: Read through this list of interventions and check those that apply to you.
Place those you checked or your own interventions not listed on your relapse pathway to
slow/stop your progression towards relapse.

INTERVENTIONS

- | | |
|--------------------------|---|
| ☐ | Attend a support group |
| ☐ | Engage in substance use treatment |
| ☐ | Schedule therapy session |
| ☐ | Go to the dentist |
| ☐ | Go to church, seek help from spiritual leader |
| ☐ | Take inventory |
| ☐ | Complete a self help workbook |
| ☐ | Engage in medication assisted treatment |
| ☐ | Throw away all drugs/drug paraphernalia |
| ☐ | Block using peers |
| ☐ | Go for a run |
| ☐ | Talk to employer or school social worker |
| ☐ | Review relapse prevention plan |
| ☐ | Create a daily routine |
| ☐ | Find a nutritionist |
| ☐ | Engage in good sleep hygiene |
| ☐ | Seek help from sponsor |
| ☐ | Write in journal |
| ☐ | Attend a 12 step meeting |
| ☐ | Go get a physical |
| ☐ | Be honest with family/friends |
| ☐ | Reestablish medication regimen |
| ☐ | Seek support from medical professionals |

