



Prenatal Relapse Risk & Recovery Reflection Tool

Purpose: To assess a pregnant client's current risk for substance use relapse by exploring internal and external factors—without judgment. Can be used in prenatal counseling, recovery settings, or EAP programs.

Section 1: Current Supports & Stability

Check all that apply or use as a discussion prompt.

- ☐ I have consistent access to prenatal medical care.
- ☐ I have at least one supportive person I can rely on.
- ☐ I feel physically safe where I live.
- ☐ I have stable housing and transportation.
- ☐ I have access to healthy food and basic needs.
- ☐ I feel emotionally supported by someone who understands my history.

Reflection Prompt:
What kind of support feels missing—or would make you feel safer right now?

Section 2: Emotional Triggers & Stressors

Use a 0–3 scale: 0 = Not Present, 3 = Strong Concern

Risk Factor	Rating (0–3)
I've experienced medical judgment or trauma in the past.	
I'm managing depression, anxiety, or mood swings.	
I feel shame or guilt related to my pregnancy or use.	
I'm overwhelmed by parenting, custody issues, or DCFS.	
I'm avoiding appointments out of fear or stress.	

Reflection Prompt:
Are there patterns or feelings that tend to push you toward use when stress increases?

Section 3: Substance Use History & Patterns
Use a 0–3 scale: 0 = Not relevant / no history, 3 = Strong predictor of relapse / urgent concern

Risk Factor	Rating (0–3)
I used substances during a previous pregnancy.	
I've had one or more relapses during this pregnancy.	
I've had difficulty stopping certain substances, even when motivated.	
I've used to cope with pain, trauma, or emotional distress.	
I've participated in treatment or recovery before.	

Reflection Prompt:
What's something you've learned about your use that others might not understand?

Section 4: Protective Factors & Recovery Strengths
These reduce risk and build resilience.

- ☐ I have a recovery plan I feel good about.
- ☐ I'm connected to a peer support group (NA, SMART, etc.).
- ☐ I have a coping strategy that works when cravings hit.
- ☐ I've set boundaries with people or environments that increase my risk.
- ☐ I know what to do—or who to call—if I feel close to relapse.

Reflection Prompt:
What helps you stay grounded when things feel hard?

Section 5: Clinician Notes or Client Reflections

- What is the current level of relapse risk (**low, moderate, high**)?

What immediate supports or referrals are needed?

What protective strategies can we build on?

If I start to feel overwhelmed, what’s one thing I want to remember?
