

RELAPSE PREVENTION WORKBOOK

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Name: _____

Date started: _____ **Counselor:** _____

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Introduction

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Relapse prevention is both the goal of all treatment and a specific intervention modality. This workbook is designed to help you in your program of recovery by guiding you through the development of a first draft of a relapse prevention plan. Relapse prevention was originally developed as a method of enhancing maintenance of change by clients who have been in treatment for compulsive behavioral disorders. It was designed to strengthen self-management by providing clients with methods for identifying problematic situations, analyzing those situations, and developing strategies to avoid, or cope more effectively with, these dangerous circumstances.

Relapse prevention can theoretically be understood from two perspectives: *The Relapse Syndrome* and *The Relapse Process*. The Relapse Syndrome presents a cluster of predictable and clinically significant behaviors that lead to relapse. Appendix A of this workbook provides a brief overview of the Relapse Syndrome and likely solutions to the targeted behaviors. Although this syndrome is well researched and well known, it is difficult to build a specific plan of recovery from it that addresses an individual's needs. This workbook will focus on the Relapse Process, which is explained below.

The overall goal of relapse prevention is to increase your awareness and range of choices concerning your behavior, to develop specific coping skills and self-management abilities, and to create a general sense of manageability in your life. To achieve these goals, you will be asked to take a thorough look at your offense and other problematic behavior, further explore your personal characteristics, and develop specific plans for alternative behavior.

Your plan is a living document. It should become an evolving recovery maintenance plan that you update on a continual basis — not a document that you complete once and file away. In fact, the final written document is not nearly as important as the process you experience in completing the plan. This is a process you will need to continue to practice throughout your lifetime if you are to maintain abstinence from your abusive behavior.

Definitions

Relapse

A relapse can be defined as a return to behavior which has been previously stopped. For the alcoholic, a relapse means drinking alcohol again. For the cocaine addict, a relapse is the use of cocaine again. For the sexual offender, a relapse is a return to the abusive sexual behavior. Relapse prevention helps you identify the process of relapse and helps you develop coping skills to use before your relapse process progresses to the point of a full relapse.

Lapse

A lapse can be thought of as a failure to use an appropriate coping skill when you have experienced a feeling, thought, or ritual associated with your addiction. A lapse is very different from a relapse in that you have not returned to the abusive use of the substance or behavior — you have just gotten closer to abusing. If you do not use healthy coping skills when faced with a lapse, you are much more likely to relapse. The further along in the relapse process you go, the more difficult it is to use coping skills and thus avoid a full relapse.

Linkages

In the past, you probably associated your abusive behavior with a set of life experiences including people, places, feelings, thoughts, and rituals. Some of these experiences were directly connected to your addiction. For example, if you smoke cigarettes, you can probably identify several experiences — such as finishing dinner, getting up in the morning, taking a break with your friends at work, or talking on the phone — as directly related to increased cravings for cigarettes. These experiences, which are closely connected to your addiction, are called **direct linkages**. Unfortunately, many other experiences are less easily identified as being connected to your addiction but result in just as powerful a craving or desire to return to it. These experiences are referred to as **remote linkages**.

High Risk Situations

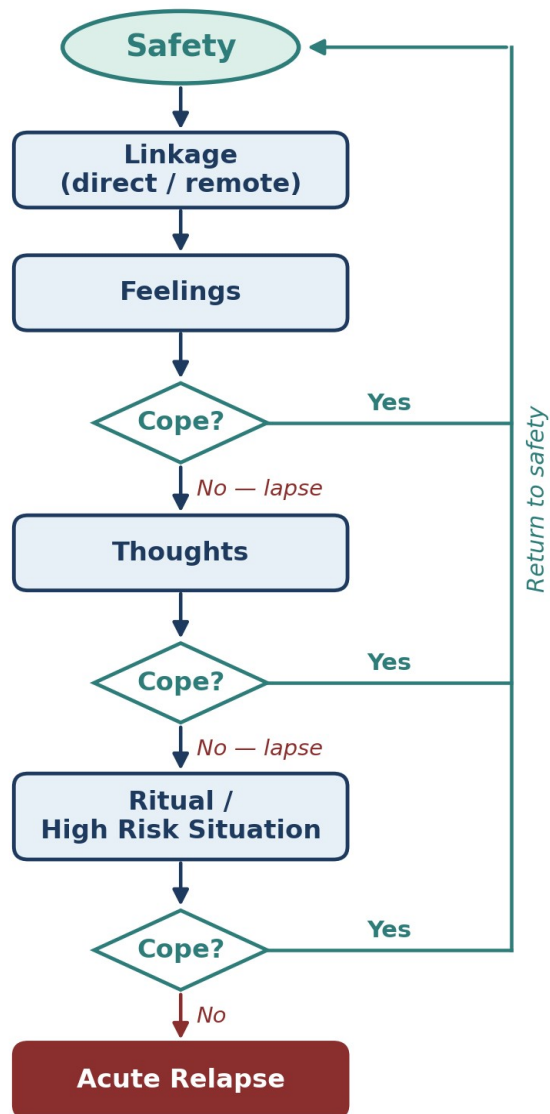
We can plan for direct linkages by identifying the connection between the linkage event and the addiction. We can then either avoid the linkage event or substitute a healthier behavior for the addictive behavior. For example, people who are addicted to cigarettes can suck on a sucker after dinner, or take work breaks in another location rather than going outside with friends who are smoking. When we put ourselves in contact with a direct linkage, we are in what is generally referred to as a **high risk situation**. Avoiding high risk situations is the basis for the old AA saying, “Dry faces, dry places.” Although it is important to avoid high risk situations throughout your recovery, it is absolutely essential to avoid them early in your recovery. Avoiding high risk situations generally requires a change in lifestyle that takes you away from the environment where you used to carry out your addiction. This is often a painful process that leaves us feeling alienated from our friends and families. But as most recovering addicts can attest, it is an essential part of recovery.

The Relapse Process

Although avoiding high risk situations is an important part of recovery, few addicts return to their addiction purely due to being in a high risk situation. Most addicts return to their addiction due to remote linkages — and, as you might guess, remote linkages are much more difficult to identify than direct linkages. Remote linkages are best understood as a combination of feelings, thoughts, and ritualized behaviors that are subtly connected to your addiction. To identify your remote linkages, you must look carefully at your pattern of abusive behavior and be very honest with yourself about what you were experiencing when you were participating in your addiction. You must be willing to look at the experience you were trying to avoid when you were active in your addiction. Developing appropriate coping skills means learning to deal with these experiences without using your addictive behavior.

The flowchart below describes the Relapse Process. We begin by being safe in our environment. We then encounter some change in our personal reality: some linking event occurs, and we respond by experiencing a feeling. If we cope with this feeling well, we return to safety. If we do not cope with the feeling appropriately, we lapse. When we lapse, our thought process is affected. If we cope well with these thoughts, we are generally able to return to safety. If we do not, we lapse further and end up in a high risk situation or enter into a pattern of ritualized behavior associated with our addiction. If we cope well with the high risk situation or ritual, we return to safety. If we do not cope well, we relapse and return to our abusive behavior — an acute relapse.

THE RELAPSE PROCESS



Workbook Overview

This workbook is designed to help you establish a plan for relapse prevention. By identifying your feelings, thoughts, ritualized behavior, and high risk situations, you will be able to identify many of the remote linkages relating to your abusive behavior. You will then be asked to develop several coping skills for each of these linking conditions. Finally, you will be asked to begin putting these coping skills into practice in your day-to-day life.

Throughout the development of this plan, you will need to be painfully honest with yourself if the plan is to be effective — honest about what you were experiencing when you were actively participating in your addiction, and honest about the changes you are willing to make as part of your recovery program. You will also need to ask the people closest to you for feedback concerning your behavior. Finally, you will need to become willing to make the changes you identify in your plan. As with all components of recovery, relapse prevention only works as much as you are willing to work with it.

The three sections

Section	What you will do
Section A Identification of Deviancy	Look very closely at your history of abusive behavior. For many, this is the most difficult part of the workbook because of the level of honesty required. Much of the material will not be easy to remember. If, after sincerely trying to remember and after asking the people you were around at the time for information, you still cannot remember feelings or events, identify what would logically have happened. Respond to every item thoroughly and honestly.
Section B Modifying Behavior	Use what you wrote in Section A to identify the “Theme Feelings” and “Theme Thoughts” that have historically gotten you into trouble, along with your high risk situations and ritualized behaviors. Then develop specific coping skills for each of these potentially problematic situations.
Section C Maintaining Adaptive Behavior	Develop specific strategies and monitoring techniques to make sure you actually use the skills you identified in Section B. All the planning in the world makes no difference if you do not implement the plan.

Although it may seem that you are repeating yourself often (especially in Section A), it is the very nature of repetition that allows a new way of thinking about our lives to become a habit. This is the ultimate goal of relapse prevention — the development of a new way of thinking. Relapse prevention attempts to help you develop the cognitive skills necessary to monitor your own behavior internally and to develop new behavior independently.

Your Progress Checklist

Check off each part as you and your counselor finish it.

✓	Section	Part	Date done	Reviewed
☐	Section A	Questions 1–7 (list of behaviors)		
☐		Section A Worksheets — at least ten		
☐		Section A Addictive Behavior Worksheet(s) — one per addiction		
☐	Section B	1. Theme Feelings (A–D)		
☐		2. Theme Thoughts (A–B)		
☐		3. Rituals (A–C)		
☐		4. High Risk Situations (A–C)		
☐		Cost/Benefit Matrix — one per high risk situation		
☐	Section C	1. Developing a Support Network (A–D)		
☐		2. Ongoing Monitoring (A–D)		

Section A — Identification of Deviancy

LOOKING HONESTLY AT YOUR HISTORY

Relapse prevention requires you to look at the pattern of behavior that has historically led to your abusive behavior. You will now be asked to look at behavior that has historically led to unmanageability in your life. Unmanageability results when your behavior brings negative consequences — when your social, relational, financial, work, or home life is negatively affected by your behavior.

You will now be asked to identify events that represent unmanageability in your life.

Confidentiality: As you answer, please be aware of the limits of confidentiality as they relate to the program that you are participating in.

- 1) List everything that you have ever gotten into trouble with the law for. Give dates, a brief description of the event, and how the behavior led to unmanageability in your life.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 2) List everything that you should have gotten into trouble with the law for. Give dates, a brief description of the event, and how the behavior led to unmanageability in your life.

 Please be aware of the potential ramifications of writing down this material.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

- 3) List all of your behaviors that have hurt you physically. Be specific as to how the behavior hurt you physically.

[illegible]

- [illegible]

-
- This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

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- This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- [illegible]

You should have identified at least ten behaviors in questions 1–7 above that have led to unmanageability in your life. These behaviors did not occur in a vacuum, devoid of outside influence or internal response — things happened before and after you carried them out.

Complete at least ten “Section A Worksheets” to identify more clearly the thoughts and feelings associated with the behaviors above. For the items you listed in question 7 (addictive behavior), use the specialized **Addictive Behavior Worksheet** instead.

Section A Worksheets (Behaviors)

Section A Worksheet #1

1 of 10

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

- 2) Describe in one paragraph what was going on in your life when this (_____) took place. Describe the life situation you were experiencing when you participated in this behavior — who you were living with, where you were working, who you were involved with, etc. In particular, describe any major changes that were occurring in your life at the time. Also describe anything about your living arrangements that might be considered out of the ordinary.

[illegible]

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
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- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

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- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

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Section A Worksheet #2**2 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
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- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

-
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- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
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#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
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Section A Worksheet #3**3 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
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- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

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- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

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- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
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Section A Worksheet #4**4 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

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- ☐ Something that I did get in trouble for.
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- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

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- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
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10. I told myself that _____

Section A Worksheet #5**5 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

- 2) Describe in one paragraph what was going on in your life when this (_____) took place. Describe the life situation you were experiencing when you participated in this behavior — who you were living with, where you were working, who you were involved with, etc. In particular, describe any major changes that were occurring in your life at the time. Also describe anything about your living arrangements that might be considered out of the ordinary.

[illegible]

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with "I decided to . . ."

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheet #6**6 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

-
- This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheet #7**7 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

-
- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheet #8**8 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

- [illegible]

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheet #9**9 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

- 2) Describe in one paragraph what was going on in your life when this () took place. Describe the life situation you were experiencing when you participated in this behavior — who you were living with, where you were working, who you were involved with, etc. In particular, describe any major changes that were occurring in your life at the time. Also describe anything about your living arrangements that might be considered out of the ordinary.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheet #10**10 of 10**

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each behavior that you have been in trouble for, that you should have been in trouble for, or that has caused problems with your relationships, your work, or your finances. (Use the Addictive Behavior Worksheet for your addictive behaviors.) In all, you will probably need to fill out at least ten of these forms. Use pencil so that you can make corrections after your counselor has looked at them.

The behavior addressed on this form is (check one):

- ☐ Something that I did get in trouble for.
- ☐ Something that I should have gotten into trouble for.
- ☐ Something that messed up my financial situation.
- ☐ Something that messed up my relationships.
- ☐ Something that messed up my work.

- 1)** In one sentence, write what the behavior is that you will be talking about on this worksheet. In at least one more sentence, give the date and situation involved in the behavior.

Name this behavior in one or two words (for example — fighting, GSI, stealing, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this behavior: _____

- 2) Describe in one paragraph what was going on in your life when this (_____) took place. Describe the life situation you were experiencing when you participated in this behavior — who you were living with, where you were working, who you were involved with, etc. In particular, describe any major changes that were occurring in your life at the time. Also describe anything about your living arrangements that might be considered out of the ordinary.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

- 3) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 4) Things don't simply happen. We must generally participate in a series of actions before something happens. List five steps or activities that you did that led up to the (_____). Be specific, and describe what you mean by each activity in one sentence. Describe how each activity contributed to (enhanced or facilitated) your eventual behavior.

#	Step / activity	What I did • How it contributed to (enhanced or facilitated) the behavior
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with “I decided to . . .”

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the () that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Worksheets (Addictive Behavior)

Section A Addictive Behavior Worksheet #1

1 of 2

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each addictive behavior you identified. Use pencil so that you can make corrections after your counselor has looked at them.

- 1) In one sentence, write what the addictive behavior is that you will be talking about on this worksheet. In at least one more sentence, describe your addiction.

Name this addiction in one or two words (for example — alcohol, cocaine, sex, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this addiction: _____

- 2) Describe in one paragraph what was going on in your life when this addiction was in its greatest control of your life. Describe the life situation you were experiencing when you participated in this behavior — who you were living with, where you were working, who you were involved with, etc. In particular, describe any major changes that were occurring in your life at the time. Also describe anything about your living arrangements that might be considered out of the ordinary.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

3) Describe your addiction using the addiction cycle. *(See Appendix B for the meaning of the terms used in this question.)*

a) **Core beliefs:** List three core beliefs that you have about (_____). A core belief should be thought of as a general life statement that allows you to carry out your addiction.

1. _____

2. _____

3. _____

b) **Impaired thoughts:** Identify three ways that you specifically applied your core beliefs to your addiction.

1. _____

2. _____

3. _____

c) **Preoccupation:** Describe in a short paragraph how you expressed your preoccupation within your addiction.

d) **Ritualization:** Identify at least five steps that you usually did that led up to your addictive acting out of your (_____) addiction.

1. _____

2. _____

3. _____

4. _____

5. _____

e) **Acting out:** Describe in a brief paragraph what you did when you acted out on your addiction — that is, what you did when you actually carried out your addiction.

- f) **Shame:** Describe in a brief paragraph how you experienced shame after you carried out your addiction. Shame can be thought of as a negative self-statement about your personal worth.

- g) **Guilt:** Describe in a brief paragraph how you experienced guilt after you carried out your addiction. Guilt can be thought of as a negative experience put upon you in relationship to others, and is usually experienced as a result of the consequences of your behavior.

- h) **Unmanageability:** List at least five ways your life became unmanageable because of your (_____) addiction.

1. _____
2. _____
3. _____
4. _____
5. _____

- 4) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with "I decided to . . ."

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the addiction that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section A Addictive Behavior Worksheet #2

2 of 2

Relapse Prevention Worksheet • revised 10/07/2026

Name: _____ Date: _____

How to use this worksheet. Fill this out as part of the *Relapse Prevention Workbook* in conjunction with your therapy group. Fill out one sheet for each addictive behavior you identified. Use pencil so that you can make corrections after your counselor has looked at them.

- 1) In one sentence, write what the addictive behavior is that you will be talking about on this worksheet. In at least one more sentence, describe your addiction.

Name this addiction in one or two words (for example — alcohol, cocaine, sex, etc.). Use this word to fill in the blank (_____) in each of the questions that follow.

My word for this addiction: _____

-
- This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

3) Describe your addiction using the addiction cycle. (See Appendix B for the meaning of the terms used in this question.)

a) **Core beliefs:** List three core beliefs that you have about (_____). A core belief should be thought of as a general life statement that allows you to carry out your addiction.

1. _____

2. _____

3. _____

b) **Impaired thoughts:** Identify three ways that you specifically applied your core beliefs to your addiction.

1. _____

2. _____

3. _____

c) **Preoccupation:** Describe in a short paragraph how you expressed your preoccupation within your addiction.

d) **Ritualization:** Identify at least five steps that you usually did that led up to your addictive acting out of your (_____) addiction.

1. _____

2. _____

3. _____

4. _____

5. _____

e) **Acting out:** Describe in a brief paragraph what you did when you acted out on your addiction — that is, what you did when you actually carried out your addiction.

- f) **Shame:** Describe in a brief paragraph how you experienced shame after you carried out your addiction. Shame can be thought of as a negative self-statement about your personal worth.

- g) **Guilt:** Describe in a brief paragraph how you experienced guilt after you carried out your addiction. Guilt can be thought of as a negative experience put upon you in relationship to others, and is usually experienced as a result of the consequences of your behavior.

- h) **Unmanageability:** List at least five ways your life became unmanageable because of your (_____) addiction.

1. _____
2. _____
3. _____
4. _____
5. _____

- 4) List five feelings that you had just before you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (before)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 5) List five feelings that you had just after you did this (_____). For each feeling, define in one sentence what this feeling means to you. How did this feeling relate to the behavior? Why were you feeling this way?

#	Feeling (after)	What it means to me • How it related to the behavior • Why I felt this way
1.		
2.		
3.		
4.		
5.		

- 6) Typically, we do not just act. We usually make a series of decisions that enable us to participate in a behavior. For example, we do not just eat: we must first recognize that we are hungry, decide what we want to eat, decide how to get it, decide to get it, and finally decide to eat it. Abusive behavior works the same way. Below, identify 10 specific decisions that you had to make before you could participate in the (_____). A decision is defined as a cognitive process that results in action. You may find it helpful to start each statement with "I decided to . . ."

1. I decided to _____

2. I decided to _____

3. I decided to _____

4. I decided to _____

5. I decided to _____

6. I decided to _____

7. I decided to _____

8. I decided to _____

9. I decided to _____

10. I decided to _____

- 7) A rationalization is something you tell yourself to justify, or somehow make OK, your decision. Rationalizations do not involve action; they just explain away our actions. Identify what you told yourself about your decisions that allowed you to make them. What did you tell yourself about the addiction that made it OK for you to do it? You may find it helpful to start each statement with "I told myself that . . ."

1. I told myself that _____

2. I told myself that _____

3. I told myself that _____

4. I told myself that _____

5. I told myself that _____

6. I told myself that _____

7. I told myself that _____

8. I told myself that _____

9. I told myself that _____

10. I told myself that _____

Section B — Modifying Behavior

BUILDING HEALTHY COPING SKILLS

Once you have identified your past abusive behavior and the feelings, thoughts, and behaviors associated with it, you become empowered to change it. As much as you might want to, you cannot simply stop the behavior through willpower alone. If it were that simple, you would not need to be in a program of recovery. You must be able to replace deviant feelings, thoughts, and behaviors with healthier ones by establishing healthy coping mechanisms.

Therapy has focused on altering your core beliefs; however, you will occasionally find situations (linkages) that resurrect your old behavior. When your old behavior begins to emerge, you must be prepared to alter it before it results in a relapse. The following questions will help you identify when you are in a lapse situation and help you prepare to cope with lapses using adaptive responses.

Before you can prevent a lapse, you must become aware that you are approaching one — that is, you must know the symptoms of a lapse situation. You must then be prepared to use appropriate coping skills to prevent the lapse from occurring. In the following pages you will identify, all together, the feelings, thoughts, and behaviors that have caused you the greatest difficulty in the past, and then develop specific coping skills to help you deal with these dangerous precursors to your abusive behavior.

We will begin by looking at your feelings. You will need to use the material gathered in Section A of this workbook to complete this section.

-
- This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- B)** Identify ten “theme feelings” that are consistent with most of your abusive behavior. Do this by counting how many times each feeling appears. If two feelings are very similar and mean about the same thing to you, include them in a single cluster. Define what you mean by each of the feeling words.

#	Theme feeling	What I mean by this feeling
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- C)** For each of your theme feelings, describe how you and the people close to you will know when you are experiencing it. How do you express these feelings behaviorally? Be certain to clarify how others will be able to tell one feeling from another.

#	Theme feeling	How I and others will know — what it looks like in my behavior
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- D)** For each theme feeling, identify at least three adaptive ways of releasing or coping with the feeling. Be specific in describing how you can carry out these coping mechanisms.

A good coping response should include some level of accountability, should be “doable,” and should somehow interfere with the abusive behavior.

1. Feeling: _____

- a. _____
- b. _____
- c. _____

2. Feeling: _____

- a. _____
- b. _____
- c. _____

3. Feeling: _____

- a. _____
- b. _____
- c. _____

4. Feeling: _____

- a. _____
- b. _____
- c. _____

5. Feeling: _____

- a. _____
- b. _____
- c. _____

6. Feeling: _____

- a. _____
- b. _____
- c. _____

7. Feeling: _____

a. _____

b. _____

c. _____

8. Feeling: _____

a. _____

b. _____

c. _____

9. Feeling: _____

a. _____

b. _____

c. _____

10. Feeling: _____

a. _____

b. _____

c. _____

2. Theme Thoughts

If we do not cope well with our feelings, our pathological thoughts tend to creep into our lives. In Section A you were asked to identify the decisions and rationalizations you made before carrying out your abusive behavior. In this section, you will look at these thoughts and develop coping skills for them so that you do not proceed further in the relapse process.

- A)** Drawing from the rationalizations and decisions identified in Section A, identify ten pathological “theme thoughts.” Do this the same way you identified your theme feelings. You will probably find it easiest and most useful to focus primarily on the rationalizations you made.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

- B)** For each theme thought, identify at least three adaptive self-talk statements or coping responses that will reduce your risk of lapsing. That is, what can you tell yourself about each theme thought that will challenge or get rid of your “stinking thinking”?

1. Thought: _____

- a. _____
- b. _____
- c. _____

2. Thought: _____

- a. _____
- b. _____
- c. _____

3. Thought: _____

- a. _____
- b. _____
- c. _____

4. Thought: _____

- a. _____
- b. _____
- c. _____

5. Thought: _____

- a. _____
- b. _____
- c. _____

6. Thought: _____

- a. _____
- b. _____
- c. _____

7. Thought: _____

a. _____

b. _____

c. _____

8. Thought: _____

a. _____

b. _____

c. _____

9. Thought: _____

a. _____

b. _____

c. _____

10. Thought: _____

a. _____

b. _____

c. _____

3. Rituals

Once we have given ourselves permission to participate in abusive behavior through our dysfunctional thought processes, we often perform rituals that facilitate and/or enhance the abusive behavior.

- A) Review the steps you identified in Section A and identify at least five ritualistic behaviors that you participated in. Be specific in describing each ritual, and identify at least five steps for each one.

1. Ritual: _____

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. Ritual: _____

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

3. Ritual: _____

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

4. Ritual: _____

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

5. Ritual: _____

a. _____

b. _____

c. _____

d. _____

e. _____

- B)** Identify how each of these rituals facilitated (made it easier) or enhanced (made it better) the abusive behavior. That is, how did this ritual help with your abusive behavior?

1. Ritual: _____

Facilitated: _____

Enhanced: _____

2. Ritual: _____

Facilitated: _____

Enhanced: _____

3. Ritual: _____

Facilitated: _____

Enhanced: _____

4. Ritual: _____

Facilitated: _____

Enhanced: _____

5. Ritual: _____

Facilitated: _____

Enhanced: _____

- C) Develop at least three adaptive responses for altering each ritual behavior. Be specific as to how you can carry out the adaptive responses.

A good coping response should include some level of accountability, should be “doable,” and should somehow interfere with the abusive behavior.

1. Ritual: _____

- a. _____
- b. _____
- c. _____

2. Ritual: _____

- a. _____
- b. _____
- c. _____

3. Ritual: _____

- a. _____
- b. _____
- c. _____

4. Ritual: _____

- a. _____
- b. _____
- c. _____

5. Ritual: _____

- a. _____
- b. _____
- c. _____

4. High Risk Situations

A high risk situation is a situation that is directly linked to your abusive behavior and is likely to contribute to a relapse.

- A) List ten high risk situations you are likely to encounter once you go to your permanent home. Describe how each of these high risk situations is linked to your abusive behavior.

#	High risk situation	How it is linked to my abusive behavior
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- B)** For each high risk situation, identify what is likely to keep you from simply leaving the situation. How might the nature of the situation keep you from using appropriate coping skills?

1. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

2. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

3. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

4. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

5. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

6. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

7. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

8. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

9. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

10. High risk situation: _____

What might keep me from leaving or using my coping skills: _____

- C)** For each high risk situation, identify three adaptive ways of coping with the situation that will keep you from relapsing. Do not include “leave the situation” — this is assumed to be an appropriate thing to do in every case. Identify what resources you will need to leave the situation. What can you do to keep the situation from escalating into a full relapse?

1. High risk situation: _____

- a. _____
- b. _____
- c. _____

2. High risk situation: _____

- a. _____
- b. _____
- c. _____

3. High risk situation: _____

- a. _____
- b. _____
- c. _____

4. High risk situation: _____

- a. _____
- b. _____
- c. _____

5. High risk situation: _____

- a. _____
- b. _____
- c. _____

6. High risk situation: _____

- a. _____
- b. _____
- c. _____

7. High risk situation: _____

a. _____

b. _____

c. _____

8. High risk situation: _____

a. _____

b. _____

c. _____

9. High risk situation: _____

a. _____

b. _____

c. _____

10. High risk situation: _____

a. _____

b. _____

c. _____

Cost/Benefit Matrices

D) For each of the high risk situations listed above, construct a cost/benefit matrix.

The easiest way to keep from returning to old behavior is to “over-learn” the new behavior. If we practice a behavior until it becomes automatic, we will have to think about other behaviors before we do them. If we make healthy behavior our automatic behavior, we will need to think about participating in our old behaviors before we can do them — and it is during this thinking process that we can catch ourselves before lapsing. During this process we always perform a cost/benefit analysis to decide what to do, although we are often unaware of it.

In developing a decision matrix, we are actually exploring the “response strength” between a stimulus (an event or internal experience) and a behavioral or emotional response. In the past, when you encountered a high risk situation (the stimulus), you responded with deviant acting-out behavior. After participating in programming, it is assumed that you no longer see the old stimulus/response connection the way you used to. The matrix explores three things: the way you used to see the stimulus/response connection of your old behavior, the way you now see it, and the stimulus/response connection of your new, adaptive behavior.

All experiences have a cost and a benefit — positive and negative attributes. In your past, the deviant acting-out behaviors had things you did not like (costs — like waking up with a hangover) and things you did like (benefits — like getting high). We hope you do not see these costs and benefits the same way you did in the past! As a result, you should have a new set of costs and benefits for your past behavior. Your new behavior also has costs and benefits that may or may not be related to the old ones.

How to fill in each matrix

- 1) Describe the situation.** At the top of the form, spell out in detail the high risk situation you will be discussing. Define your old response pattern to this situation and your new response pattern.
- 2) Old response — costs, as seen in the past.** Imagine yourself as you were in the past and explore the negative attributes of being in this position. What was bad, or what did you have to give up? List at least three costs.
- 3) Old response — benefits, as seen in the past.** Imagine yourself as you were in the past and explore the positive attributes of being in this position. What did you get out of it? List at least three benefits.
- 4) Old response — costs, as viewed today.** Given how you view the world today, look back at how you used to deal with this situation and identify at least three negative things associated with it.
- 5) Old response — benefits, as viewed today.** Given how you view the world today, look back at how you used to deal with this situation and identify at least three positive things associated with it.
- 6) New response — costs.** Given the new response pattern you have developed for this situation, what price will you pay if you carry it out? List at least three costs.
- 7) New response — benefits.** Given your new response pattern, what is the benefit? List at least three benefits.
- 8) Rate each item.** Assign a value from 1 to 10 to each cost and benefit to show how important it is (1 = very unimportant, 10 = very important).
- 9) Find the net value.** For each response, subtract the total cost from the total benefit. This is the response strength of that response to the stimulus. The response strength determines which decision you are most likely to make.

COST/BENEFIT MATRIX

High Risk Situation #1 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #2 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #3 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #4 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #5 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #6 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #7 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #8 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #9 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

COST/BENEFIT MATRIX

High Risk Situation #10 of 10

Describe the high risk situation: _____

Old response pattern: _____ New response pattern: _____

	BENEFITS	Value	COSTS	Value	Net Value (Benefit - Cost)
Old Response — As Viewed in the Past List the benefits and costs of the high risk situation as you saw them back then. Then rate each one from 1 to 10 (10 = a lot) in the Value box beside it.	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
Old Response — As Viewed Today Now that you have changed and learned lessons from those high risk situations, how do you view the same costs and benefits today? What additional costs and benefits do you see now? How have the values changed?	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		
New Response What new behavior or situation will you replace the old high risk situation with? Note the benefits and costs of the new response. New behavior: _____ _____	1.		1.		
	2.		2.		
	3.		3.		
	Total		Total		

Section C — Maintaining Adaptive Behavior

PUTTING YOUR PLAN INTO PRACTICE

In Section A we focused on identifying dysfunctional behavior, and in Section B we focused on identifying healthy new behavior. In this section, you will develop methods for maintaining the healthy new behavior. Whenever we gain new behavior that is more efficient or more adaptive, we become excited and try to use it as often as we can. When these new behaviors do not seem to be working too well, we usually go back to the behavior we know best. For a person with a clearly defined behavioral pattern, this usually means a lapse. This section focuses on two methods of preventing this return to familiar (dysfunctional) behavior: the use of support people and ongoing monitoring of our behavior.

In this section you will look at how you can use the people in your life to carry out the plan you have developed. If you will recall, the second of the 12 Steps states, "We came to believe that a Power greater than ourselves could restore us to sanity." Relapse prevention requires you to identify how this Power manifests itself in the people around you and to integrate those people into your recovery plan.

1. Developing a Support Network

- A) Identify ten people that you are likely to encounter on a daily basis when you return to your permanent residence.

#	Name	Relationship to me
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- B)** An enabler is someone who enables you to continue participating in your abusive behavior. Often these individuals do not realize they are enabling you — they are trying to help, or doing what they think you want them to do. Regardless of their motivation, they contribute to your abusive behavior, and everyone you encounter can participate in enabling. For each person you identified in Question A, identify how that person may enable you, and how you can avoid the impact of their enabling without unnecessarily avoiding contact with them.

1. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

2. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

3. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

4. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

5. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

6. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

7. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

8. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

9. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

10. Person's name: _____

How they enable: _____

How I can avoid the impact of their enabling: _____

- C)** Although everyone you encounter can potentially enable your abusive behavior, they can also help you avoid it. That is, they can be an important part of your recovery, supporting your attempt to maintain sobriety. For each person identified in Question A, identify how they can most effectively support you in your recovery.

1. Person's name: _____

How they can support me: _____

2. Person's name: _____

How they can support me: _____

3. Person's name: _____

How they can support me: _____

4. Person's name: _____

How they can support me: _____

5. Person's name: _____

How they can support me: _____

6. Person's name: _____

How they can support me: _____

7. Person's name: _____

How they can support me: _____

8. Person's name: _____

How they can support me: _____

9. Person's name: _____

How they can support me: _____

10. Person's name: _____

How they can support me: _____

- D)** As with all of the work you have done on this plan, it is not enough to simply gain insight into your behavior — you must also take steps toward changing it. For each person identified in Question A, identify how you will communicate to them how they might enable you and how they can support you (direct conversation, phone, letter, etc.). Also identify when you will communicate with them, and under what circumstances it would be best to share this information.

1. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

2. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

3. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

4. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

5. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

6. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

7. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

8. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

9. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

10. Person's name: _____

How I will tell them: _____

When / under what circumstances: _____

2. Ongoing Monitoring

As you well know by now, planning for your recovery is important — but meaningless unless you actually carry out the plan. This section is designed to help you carry out your plan in an intentional way.

- A) In the past week, identify ten times that you used coping skills to manage your feelings. Identify whether the coping skills worked and, if not, why they did not work.

#	Situation / feeling	Coping skill attempted	How did it work? Why?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

- B)** Identify five times in the last week that you entered into your dysfunctional thought processes, and indicate how you tried to use your coping skills to address the thought process. Identify whether the coping skills worked and, if not, why they did not work.

#	Situation / thought	Coping skill attempted	How did it work? Why?
1.			
2.			
3.			
4.			
5.			

- C)** Identify two high risk situations you experienced in the last week and how you tried to use your coping skills to deal with them. Identify whether the coping skills worked and, if not, why they did not work.

#	High risk situation	Coping skill attempted	How did it work? Why?
1.			
2.			

D) Describe ten times in the past week that you used your social support system to help you in your program of recovery.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Appendix A — The Relapse Syndrome

When we attempt to stop an addictive behavior, we often try to just stop the behavior. Unfortunately, this does not usually work. Relapse generally follows a predictable and readily identifiable pattern. If you are able to identify this pattern in your own behavior, you will be better prepared to prevent relapse. The pattern usually takes the following steps:

Stage 1: Return of denial

Problem	As the addict progresses in his program, he is likely to begin to feel that he has his problem under control. When asked how he is doing he is likely to say “fine, no problems” when, in fact, we all have problems that need to be dealt with regularly. This return of denial is often supported by those persons who strongly want you to be “cured.”
Solution	1) Teach support people about recovery and relapse. Encourage them to probe you about problems. 2) Write down your problems on a daily basis and share this list with someone.

Stage 2: Avoidance of defensive behavior

Problem	As the addict begins to deny the potential for relapse, he drops his defensive behavior. He often will focus more energy on fixing others than on working on himself. He will begin placing himself in “at risk” situations and will stop doing his relapse prevention exercises.
Solution	1) Surround yourself with support people who will encourage you to continue working on your relapse prevention program. 2) Maintain a “negative image” reminder of the price you paid for your addictive behavior. 3) Develop and review a cost/benefit analysis of your coping behavior.

Stage 3: Crisis building

Problem	As a result of avoiding defensive behavior, problems begin to pile up and it becomes more and more difficult to see options. The addict develops tunnel vision and loses the ability to perform constructive planning. Plans that were developed earlier often begin to fall apart.
Solution	1) Remind yourself to take one day at a time. 2) Return to coping behavior. 3) Accept your personal limits. 4) Review the concepts of RET (RET states that it is your thoughts about an event, and not the event itself, that are “bad” or “good”).

Stage 4: Immobilization

Problem	When a crisis builds up, the addict becomes crushed and trapped by the problems. The addict becomes totally incapable of initiating action and is trapped by his own lies and problems. Often, the addict develops an unrealistic optimism, wishing that things would “just go away.” A sense that nothing can be solved may develop.
Solution	1) Use the Serenity Prayer. 2) Use the support people that you have developed. 3) Review the concept of lapse as opposed to relapse (accept the reality that you may make some small mistakes, but this does not mean that you have failed).

Stage 5: Confusion and overreaction

Problem	While the problems continue to grow and the addict feels stuck, he often becomes confused and angry. During this phase, the addict may become irritable with those around him, develop a general sense of tension, and view others as out to get him.
Solution	1) Identify the source of the feelings. 2) Accept responsibility for problems. 3) Review RET concepts. 4) Possible professional intervention.

Stage 6: Depression

Problem	As the anger builds, the addict begins to develop a sense of hopelessness and turns the anger inward in the form of depression. Symptoms may include irregular eating habits, lack of desire to take action, irregular sleeping habits, loss of daily structure, and suicidal ideation.
Solution	Professional intervention.

Stage 7: Behavioral loss of control

Problem	During this phase, the addict becomes unable to control or regulate personal behavior and a daily schedule. There is heavy denial and no full awareness of being out of control. Life becomes chaotic and many problems are created in all areas of life and recovery, as indicated by irregular support meeting attendance, open rejection of help, and feelings of powerlessness and helplessness.
Solution	Professional intervention.

Stage 8: Recognition of loss of control

Problem	The addict's denial breaks; suddenly he recognizes how severe the problems are and panics. As a result of this panic, the addict may begin self-pity, return to deviant fantasies, consciously lie, and lose self-confidence.
Solution	1) Professional intervention. 2) Return to self-help programs (e.g., SLAA, AA).

Stage 9: Option reduction

Problem	During this phase the addict feels trapped by the pain and the inability to manage life. Only three options seem possible — insanity, suicide, or relapse. The addict believes that nobody can help. Common symptoms include unreasonable resentment, discontinuance of all treatment, and overwhelming loneliness, frustration, anger, and tension.
Solution	1) Forced treatment. 2) Revocation.

Stage 10: Acute relapse episode

Problem	Return to the abusive behavior.
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Adapted from: The Relapse Syndrome, Herald House — Independence Press.

Appendix B — The Addictive System

These terms are used in the Section A Addictive Behavior Worksheet (question 3).

Core Beliefs	The accumulation of all of life's experiences, from the beginning of your life until the present, as they relate to the addiction.
Impaired Thinking	A distorted view of self, others, and life. This impaired thinking develops in response to, and based on, Core Beliefs. It is the specific application of a core belief in a specific situation.
Addiction Cycle	An ongoing process that feeds on Impaired Thinking and contributes to Unmanageability. It includes the five stages below.
Preoccupation	Compulsive fantasizing or intense focus on the addictive behavior. This often includes intrusive thoughts.
Ritualization	Routines or rituals that enhance the preoccupation and facilitate the acting-out behavior.
Behavioral Acting Out	Acting out the addictive behavior.
Shame	The part of the despair cycle that includes feeling hopeless about self. Negative statements about self.
Guilt	The part of the despair cycle that includes feeling bad about specific actions. Realization of consequences.
Unmanageability	The result of the addictive cycle, usually resulting in impairment of one or more areas of the individual's life (e.g., social, occupational, marital, or spiritual).

Adapted from: Carnes, P. (1983). Out of the shadows: Understanding sexual addiction. Minneapolis, MN: CompCare.