

Analyzing Behaviors for Relapse Prevention

Part 1: Reminders of Your Relapse Prevention Efforts

The following items represent the array of relapse prevention skills you have already acquired. It is imperative to routinely incorporate these into your daily routine for a successful recovery journey:

- Regularly schedule daily activities
- Schedule regular checkups with a physician
- Eliminate all drug paraphernalia
- Steer clear of individuals who consume alcohol
- Avoid associations with individuals who use drugs
- Stay away from bars and clubs
- Cease alcohol consumption
- Abstain from all forms of drug use
- Fulfill financial obligations promptly
- Identify and address addictive behaviors
- Minimize exposure to triggers (when possible)
- Utilize thought-stopping techniques to manage cravings
- Attend aftercare programs
- Participate in self-help meetings
- Engage in daily physical exercise
- Maintain open and honest discussions regarding your thoughts, feelings, and behaviors with your counselor

Part 2: Evaluating Your Relapse Prevention Efforts

In your self-reflection process, what is your primary goal?

- To identify external triggers
- To explore your inner thoughts and emotions
- To create a relapse prevention action plan
- Others, please specify: _____

What are the two types of triggers you should be attentive to during this step?

- Emotional and external
- Physical and mental
- Past and present
- Others, please specify: _____

What is the purpose of analyzing your past behaviors in response to triggers?

- To judge yourself for past actions
- To assess the effectiveness of your coping mechanisms
- To dwell on past mistakes

Part 3: Reflection

Why do you anticipate these difficulties, and what changes may be necessary for you to successfully incorporate these actions into your daily life?