

# RELAPSE ANALYSIS CHART

**WHAT  
HAPPENED?**

**HOW DID IT  
MAKE YOU FEEL?**

JOB/CAREER

PERSONAL EVENTS

TREATMENT EVENTS

DRUG/ALCOHOL  
RELATED BEHAVIORS

OTHER BEHAVIORS

RELAPSE THOUGHTS

HEALTH STATUS

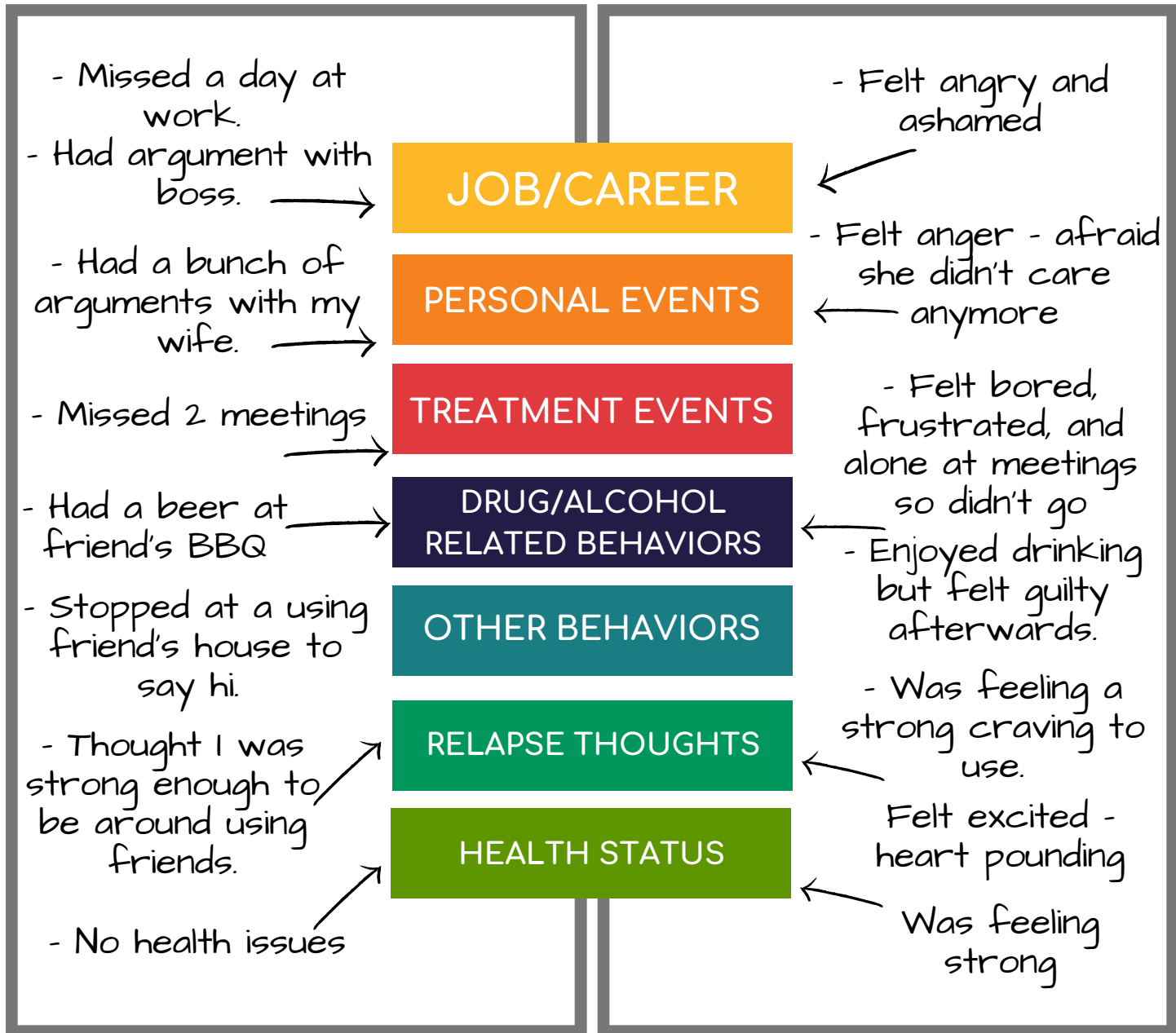
**WHAT DO YOU THINK YOU NEED TO CHANGE IN ORDER FOR  
YOU NOT TO RELAPSE AGAIN?**

**HOW ARE YOU GOING TO DO THAT?**

# EXAMPLE CHART

## WHAT HAPPENED?

## HOW DID IT MAKE YOU FEEL?



## WHAT DO YOU THINK YOU NEED TO CHANGE IN ORDER FOR YOU NOT TO RELAPSE AGAIN?

I need to work through my anger so I don't feel isolated from people I care about. And I need to tell someone if I'm having a craving. Need to stay away from triggers.

## HOW ARE YOU GOING TO DO THAT?

- Commit to weekly therapy sessions.
- Communicate better with my wife.
- Draw a hard line about staying away from old using friends.