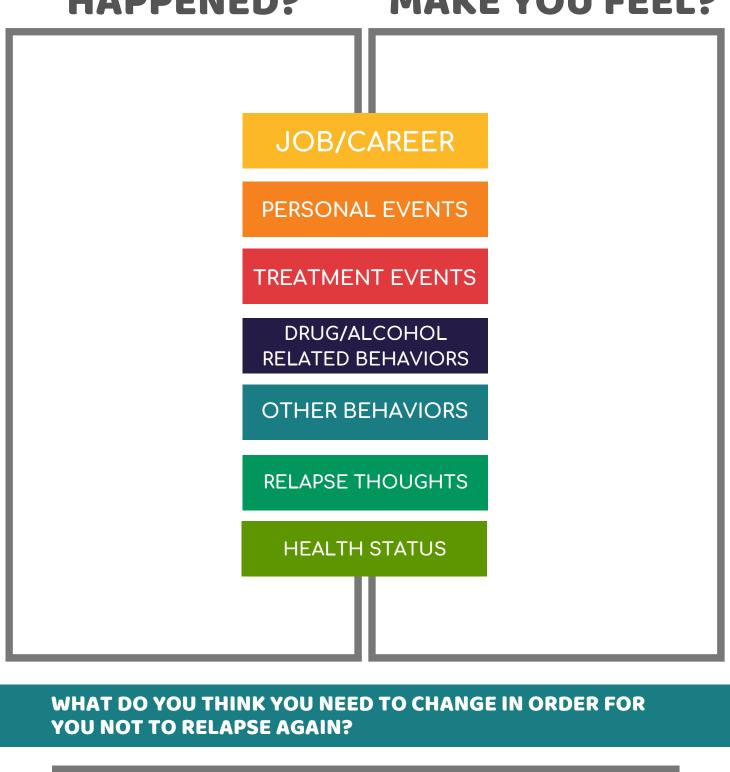
RELAPSE ANALYSIS CHART

WHAT HAPPENED?

HOW DID IT MAKE YOU FEEL?



YOU NOT TO RELAPSE AGAIN?

HOW ARE YOU GOING TO DO THAT?

EXAMPLE CHART

WHAT **HAPPENED?**

HOW DID IT MAKE YOU FEEL?

- Missed a day at Felt angry and ashamed work. - Had argument with JOB/CAREER boss. - Felt anger - afraid - Had a bunch of she didn't care arguments with my wife. PERSONAL EVENTS anymore - Felt bored, - Missed 2 meetings TREATMENT EVENTS frustrated, and alone at meetings so didn't go - Had a beer at DRUG/ALCOHOL friend's BBQ RELATED BEHAVIORS - Enjoyed drinking but felt guilty afterwards. - Stopped at a using friend's house to OTHER BEHAVIORS say hi. - Was feeling a strong craving to - Thought I was RELAPSE THOUGHTS strong enough to Felt excited be around using HEALTH STATUS heart pounding friends. Was feeling - No health issués strong

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.