

# RELAPSE WARNING SIGNS

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Patient ID #: \_\_\_\_\_

1.	Put a check mark next to any warning signs you experienced.
2.	Put a? Mark next to any warning sign that you have difficulty understanding.

## Phase I Warning Signs: Internal Change

I look good on the outside, but I start old thoughts and feelings that make me feel bad on the inside.

- INCREASED STRESS:** I feel more stressed than usual.
- CHANGE IN THINKING:** I think my program is not as important as it used to be.
- CHANGE IN FEELING:** I start having unpleasant feelings that I don't like.
- CHANGE IN BEHAVIOR:** I know deep down inside that something is wrong, but I don't talk about it.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## Phase II Warning Signs: Denial

I stop paying attention to or honestly telling others about what I'm thinking or feeling.

- WORRYING ABOUT MYSELF:** Sometimes I feel afraid that I won't be able to stay sober, but I don't want to think about it.
- DENYING THAT I'M WORRIED:** I try to convince myself everything is OK when it's not

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# RELAPSE WARNING SIGNS

## Phase III Warning Signs: Avoidance and Defensiveness

I try to avoid anyone or anything that will force me to be honest about how my thinking, feelings, and behaviors have changed.

- G **BELIEVING I'LL NEVER USE AGAIN** I convince myself that I've done so well, I would never use again.
- G **WORRYING ABOUT OTHERS INSTEAD OF SELF:** I take the focus off myself by becoming more concerned about the sobriety of others than about my personal recovery.
- G **DEFENSIVENESS:** I feel reluctant to talk about my problem because I am afraid I will be criticized or judged.
- G **COMPULSIVE BEHAVIOR:** I get stuck in old rigid ways of thinking to keep my mind off of how uncomfortable I feel.
- G **IMPULSIVE BEHAVIOR:** I start doing things that are causing a problem for me because I'm not thinking things through.
- G **TENDENCY TOWARD LONELINESS:** I don't want anyone to ask how I am because it's too hard to deny my problem, so I spend more time alone.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## Phase IV Warning Signs: Crisis Building

During this phase I start having problems in sobriety that I just don't understand.

- G **TUNNEL VISION:** I start to think my life is made up of separate and unrelated parts. Sometimes I focus only on the good things and block out the bad things.
- G **MINOR DEPRESSION:** I start to feel depressed, down, blue, listless, and empty of feelings. I lack energy, tend to sleep too much, and rarely feel good.
- G **LOSS OF CONSTRUCTIVE PLANNING:** I stop planning ahead and thinking about what I'm going to do next. I pay less and less attention to details.
- G **PLANS BEGIN TO FAIL:** My plans begin to fail and each failure causes new problems. I tend to overreact or mismanage problems, creating more problems.

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## **Crisis Building**

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## **Phase V Warning Signs: Immobilization**

During this phase I feel trapped in an endless stream of unmanageable problems and I feel like giving up.

- G **DAYDREAMING:** I have fantasies of being rescued from it all by an event unlikely to happen.
- G **FEELING THAT NOTHING CAN BE SOLVED:** I begin to feel like a failure who will never be able to get anything right.
- G **IMMATURE WISH TO BE HAPPY:** I want to be happy, but have no idea what I can do to make myself happy.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## **Phase VI Warning Signs: Confusion and Overreaction**

During this phase I have trouble thinking clearly and I am irritable and tend to overreact to small things.

- G **DIFFICULTY IN THINKING CLEARLY:** Sometimes my mind races and I can't shut it off, while at other times it seems to shut off or go blank.
- G **DIFFICULTY IN MANAGING FEELINGS:** Sometimes I overreact emotionally and feel too much. At other times I feel numb.
- G **DIFFICULTY IN REMEMBERING THINGS:** At times I have problems remembering things and learning new information or skills
- G **PERIODS OF CONFUSION:** I am confused more often, it is more severe, and lasts longer.

# RELAPSE WARNING SIGNS

## Confusion and Overreaction

- G **DIFFICULTY MANAGING STRESS:** I get afraid that I will collapse physically or emotionally due to stress.
  
- G **IRRITATION WITH FRIENDS:** My relationships with friends, family, counselors, and other recovering people are strained.
  
- G **EASILY ANGERED:** I start losing my temper for no real reason and feel guilty afterward.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## Phase VII Warning Signs: Depression

During this phase I become so depressed that I can't do the things I normally do.

- G **IRREGULAR EATING HABITS:** I either skip meals or over-eat and I've started to eat junk food.
  
- G **LACK OF DESIRE TO TAKE ACTION:** I can't get started or get anything done.
  
- G **DIFFICULTY SLEEPING RESTFULLY:** I can't sleep and when I do I have unusual or disturbing dreams, awake many times, and can't go back to sleep.
  
- G **LOSS OF DAILY STRUCTURE:** My daily routine is haphazard, I find it hard to keep appointments and plan social events.
  
- G **PERIODS OF DEEP DEPRESSION:** I feel depressed more often. My depression is worse, lasts longer, and interferes with living.

Describe how you are dealing with these warning sign without using drugs or alcohol:

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## Phase VIII Warning Signs: Behavioral Loss of Control

During this phase I can't control my thoughts, feelings, and behavior. I can't stick to a productive schedule.

# RELAPSE WARNING SIGNS

## Behavioral Loss of Control

- G **IRREGULAR ATTENDANCE AT MEETINGS AND TREATMENT:** I start to find excuses to miss sessions or meetings.
  
- G **I DON'T CARE ATTITUDE:** I hide feelings of helplessness and a growing lack of self-respect.
  
- G **OPEN REJECTIONS OF HELP:** I cut myself off from people who can help me.
  
- G **DISSATISFACTION WITH LIFE:** Things seem so bad that I wonder if going back to drug use might not be a bad idea.
  
- G **FEELINGS OF POWERLESSNESS AND HELPLESSNESS:** I have trouble getting started. I feel that I can't do anything and begin to believe there is no way out.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## Phase IX Warning Signs: Recognition of Loss of Control

During this phase my denial brakes and I suddenly recognize how severe my problems are.

- G **DIFFICULTY WITH PHYSICAL COORDINATION AND ACCIDENTS:** I have difficulty with physical coordination including dizziness, poor balance, difficulty with hand-eye coordination, and slower reactions.
  
- G **SELF-PITY:** I begin to feel sorry for myself and may use self pity to get attention from others. The longer I keep the warning signs hidden the stronger they get.
  
- G **THOUGHTS OF SOCIAL USE:** I start to think that alcohol or drug use will help me feel better.
  
- G **CONSCIOUS LYING:** I know that I am lying, using denial, and making excuses but I can't stop myself.
  
- G **COMPLETE LOSS OF SELF-CONFIDENCE:** I feel trapped and overwhelmed. I feel useless, incompetent, and will never be able to manage my life.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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# RELAPSE WARNING SIGNS

## Phase X Warning Signs: Option Reduction

During this phase I feel trapped by pain. There are only 3 ways out: insanity, suicide, or self-medication.

- G **UNREASONABLE RESENTMENT:** I feel angry because of my inability to act the way I want.

### Option Reduction

- G **DISCONTINUATION OF ALL 12-STEP OR TREATMENT:** I stop attending all meetings. I stop medications.
- G **OVERWHELMING LONELINESS, FRUSTRATION, ANGER, AND TENSION:** I feel all alone and about to go crazy.
- G **LOSS OF BEHAVIORAL CONTROL:** The progressive and disabling loss of control is causing some serious issues, including health and mental health issues.

Describe how you are dealing with these warning signs without using drugs or alcohol:

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## Phase XI Warning Signs: Alcohol and Drug Use

During this phase I return to drug use, try to control it, lose control, and realize my addiction is ruining my life again.

- G **ATTEMPTING CONTROLLED USE:** I convince myself that I have no choice but to use and I will be better off if I use.
- G **DISAPPOINTMENT, SHAME, GUILT:** I feel disappointed because drug use is not doing for me what it used to do.
- G **LOSS OF CONTROL:** I begin using as often and as much as before.
- G **LIFE AND HEALTH PROBLEMS:** My problems with health, employment, relationships, and legal issues are so bad that I need professional help.

Describe how you can deal with these warning signs to stop using drugs or alcohol:

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