

Online Relapse Workshop

Worksheet 1 (Lesson 1):

The following questions will help you to look at Relapse as Learning Opportunity.

When did you get the urge to use? Be specific about the day of the week and the time of day.

Where were you?

Who were you with?

What were you doing? What were the people around you doing?

What was your mood earlier that day? What was your mood earlier that week?

How long had you experienced urges to relapse before you actually did it?

Did you tell anyone about your urges? If so, who? If not, how come?

Did you consider doing anything else to cope with your urges? If so, what other options did you consider?

As you read back over your description, reflect on what you could have done differently.

What thoughts contributed to the lapse? Can you recognize any unhelpful thoughts or the voice of your inner critic chiming in?

What feelings contributed to the lapse? What pleasurable feelings were you trying to create, or what difficult feelings were you trying to get rid of?

What would have helped you respond to the thoughts and feeling differently, without turning to drugs/alcohol?

Which of the following do you feel might be able to protect you from future lapses?

_____ Easier access to a support person

- _____ An obvious, in your face reminder of distraction techniques for riding out urges
- _____ More practice using healthy coping skills
- _____ More support in daily life
- _____ Better boundaries with people who pressure you to use, or who treat you in ways that make you want to use
- _____ A safe place to go when you feel urges
- _____ A chance to talk to a therapist to find out what keeps driving you to use

Something else?

Worksheet 3 (Lesson 2):

What mistakes are hardest to forgive yourself for?

What beliefs, past messages, thoughts or feelings make it hard to forgive yourself for the mistakes you have listed?

What beliefs, experiences, or feelings have taught you that you are expected to be good all of the time, or to be perfect and not make mistakes?

Have you ever put unrealistic expectation on yourself or other people? Has someone else ever put unrealistic expectation on you?

To whom do you owe an apology for these mistakes you made?

What will you do differently, going forward, to show that you are “earning” forgiveness through your actions?

Worksheet 4 (Lesson 3)

Identify the top 3 warning signs for you that you might be heading for a relapse and then answer the subsequent questions

- _____ Stopping or cutting back your attendance in therapy or counseling
- _____ Thinking about ways you might be able to drink or use without anyone knowing about it
- _____ Fantasizing about how good it would feel to drink or use, while blocking out or thinking very little about the potential negative consequences
- _____ Stopping or cutting back your attendance in self-help groups, such as AA or SMART Recovery
- _____ Engaging obsessively in a “replacement” addiction, such as eating, gambling, shopping, video games or pornography
- _____ Isolating yourself
- _____ Placing yourself in risky situations
- _____ Spending time in places where you used to buy or use drugs or alcohol
- _____ Avoiding talking about mixed feelings or doubts you have about staying sober
- _____ Starting to use a drug other than your “substance of choice”
- _____ Feeling intense negative emotions, such as depression, anxiety anger or irritability
- _____ Feeling you do not fit in with others who are in recovery
- _____ Regularly spending time with people who are using
- _____ Blaming other people for your problems
- _____ Having very few activities that are fun or enjoyable in your routine
- _____ Not sleeping well or not sleeping enough
- _____ Neglecting responsibilities, such as paying bills, doing household tasks, taking care of loved one, or getting to work or school
- _____ Avoiding talking about feelings of unhappiness
- _____ Feeling hopeless about your ability to rebuild your life
- _____ Keeping alcohol, drugs, or paraphernalia at home
- _____ Hanging on to phone numbers of dealers or people you used to use with
- _____ Lying
- _____ Rejecting help from others
- _____ Feeling bored or having lots of unstructured or unplanned time

_____ Isolating yourself or withdrawing from recovery supports

_____ Acting defensive when others around you express concern about your well-being or recovery

Do you believe you are an addict or alcoholic?

Do you want to stop using?

What are you not doing that you need to do?

What are you doing that you need to stop doing?

What/Who can help you?

Worksheet 6 (lesson 4)

The following will examine your needs for Reducing Relapse Risk:

1. What is your current support system?

2. What do you need to add to your support system to strengthen it?

3. What are your relapse triggers, identifying people, places and things?

4. Which of these have you held onto that you need to let go of?

5. What is on your coping skills list? If you don't have one, make one below:

6. Which coping skills have you not been using that you need to start using?

7. What distraction techniques do you like to use?

8. Which of these have you not started using that you need to start to use?

9. Do you have a support team list in your cell phone? If not, who can you put on that list?

10. Do you have a daily recovery focused practice? If so, what is it? If not, what do you need to add?

Worksheet 7: (Lesson 5)

Identify which of the following might be an addictive behavior for you:

- Nicotine
- Sex
- Caffeine
- Pornography
- Watching TV
- Masturbation
- Playing Video Games
- Gambling
- Cleaning/Organizing
- Working
- Using Social Media
- Shopping
- Eating When Not Hungry
- Dieting
- Exercise
- Sleep
- Gossip
- Cutting or Harming Yourself
- Isolation

Any Others (Optional)

For the behaviors you identified, answer the following:

1. What if you used this behavior **every day** for six months, how would it effect your....

Physical Health

Mental Health

Productivity at Work or School

Relationships with Family/Friends

Finances

2. What if you used this behavior **every day** for ten years, how would it effect your....

Physical Health

Mental Health

Productivity at Work or School

Relationships with Family/Friends

Finances

Worksheet 8: (Lesson 6)

Identify which if these could be risky for you and would need some pre-planning:

- _____ Celebrating the holidays with family
- _____ Having a fight with my significant other
- _____ An office party, networking event or work-related gathering
- _____ With friends on New Year's Eve
- _____ Receiving a promotion
- _____ Being criticized at work
- _____ At a wedding
- _____ Watching a movie or TV show with characters who are using/drinking?
- _____ Hanging out with friends who still uses/drinks

Others:

Identify specifically what it is in each situation below that you need to create a plan for:

Situations at work:

People in your work environment:

Situations at home:

People in your home environment:

Social situations:

Friends or Acquaintances in your social circle:

Family Situations:

Issues with particular family members:

Holidays, birthdays, anniversaries (happy ones or losses/traumas), seasons, or times of the year that can be risky:

What strategies and tools have you used in the past to successfully ride out a craving to use?

When cravings show up, what are the three things you can do to distract yourself while you wait for them to pass?

If you were in a social situation where other people are using, what will you say if someone offers you drugs or alcohol?

Imagine you decide to relapse. What are some of potential negative consequences you would experience?

List all the ways you have benefited from sobriety. How have you grown? How has life become more satisfying since you stopped using?

Worksheet 9: (Lesson 6)

The following will help you to create an escape plan.

For your identified high-risk situations, list 3 places you could go to remove yourself from a danger to your recovery:

For risky work-related situations, where could you go?

For risky situations at home, where could you go?

For risky social situations, where could you go?

For risky family situations, where could you go?

For risky holidays and celebrations, where could you go?

For other risky situations, where could you go?

Worksheet 10: (Lesson 7)

Identify what causes you stress:

In your home?

In your family relationships?

In your friendships?

At work or school?

When it comes to your health?

When it comes to your finances?

We will now take a look at some common reactions to Stress.

Which of the following do you do?

Fight

- Feeling and expressing anger or rage
- Intimidating other people
- Shaming or criticizing other people, speaking in a condescending way
- Lashing out verbally or physically
- Behaving aggressively toward yourself, other or inanimate objects
- Treating others with disgust or contempt
- Defending yourself or others physically when attacked (but not initiating an attack yourself)
- Speaking up and defending your rights or the rights of others
- Setting boundaries

Flee

- Running away or quickly leaving the situation
- Avoiding a situation that might be stressful or dangerous
- Constantly busying yourself
- Planning or obsessing over details of a stressful situation
- Hanging up on the phone in the middle of a heated conversation, abruptly leaving the room mid-conversation, or blocking someone's messages
- Impulsively ending a stressful relationship (such as quitting a job or firing an employee without thinking through the decision, or breaking up with a partner during a conflict)
- Staying away from a place that you know is dangerous
- Staying away from people who have hurt you in the past

Freeze

- _____ Isolating yourself when a situation might involve stress or danger
- _____ Disconnecting from other people
- _____ Detaching from your emotions in a situation
- _____ Feeling numb to any physical or emotional pain in a situation
- _____ Feeling paralyzed and unable to choose a response

Fawn

- _____ Doing what the other person demands
- _____ Doing what you think the other person wants
- _____ Going into “people pleaser” mode and saying yes to unreasonable requests so that the other people asking will not get angry at you
- _____ Staying quiet when you disagree to avoid a conflict or avoid making a conflict worse

Fight

What situations prompt you to fight in response to stress?

When has it been helpful for you to fight in response to stress?

Which “fight” behaviors outlined above have been helpful to you?

When has it be harmful for you to fight in response to stress?

Which “fight” behaviors outlined above have been harmful for you?

Flee

What situations prompt you to flee in response to stress?

When has it be helpful for you to flee in response to stress?

Which “flight” behaviors outlined above have been helpful to you?

When has it be harmful for you to flee in response to stress?

Which “flight” behaviors outlined above have been harmful for you?

Freeze

What situations prompt you to freeze in response to stress?

When has it be helpful for you to freeze in response to stress?

Which “freeze” behaviors outlined above have been helpful to you?

When has it be harmful for you to freeze in response to stress?

Which “freeze” behaviors outlined above have been harmful for you?

Fawn

What situations prompt you to fawn in response to stress?

When has it be helpful for you to fawn in response to stress?

Which “fawn” behaviors outlined above have been helpful to you?

When has it be harmful for you to fawn in response to stress?

Which “fawn” behaviors outlined above have been harmful for you?

Worksheet 11: (Lesson 8)

Lifestyle Change:

Check the items that are most important to you.

Tolerance

Peace

Organization

Learning

Self-control

Nature

Family

Artistic expression

Accuracy

Financial security

Prestige

Spirituality

Balance

Power

Religion

Happiness

Variety

Love

Beauty

Leisure

Security

Flexibility
Kindness
Creativity
Friendship
Forgiveness
Humor
Adventure
Courage
Integrity

Fun
Competition
Authenticity
Tradition
Hope fairness
Generosity
Achievement
Health physical fitness
Challenge

Leadership
Recognition
Loyalty
Independence
Cooperation
Efficiency
Perseverance
Wisdom

Using the values you circled above, answer the following questions:

What sort of person do you want to be?

How would you want others to describe you?

What principles do you want to stand for?

What do you think the world needs more of to become a better place?

What are your top five values right now and the behaviors you will do that will ensure you are living within your values.

What behaviors are you willing to commit to:

This week:

This month:

This year:

Worksheet 12: (lesson 9)

Balanced Living:

Which of the following areas do you feel you need to develop to build resilience?

Exercise

Social Connection

Nutrition

Pleasure

Sleep

Rest

What can you do to build resilience through exercise?

What can you do to build resilience through nutrition?

What can you do to build resilience through your sleep habits?

What can you do to build resilience through social connections?

What can you do to build resilience through increasing pleasurable events?

What can you do to build resilience through resting?
