



## RELAPSE WARNING SIGNS

Every person has his or her own unique combination of relapse warning signs—behaviors and states of mind that are indicative of a slide towards/into relapse. Below is a list of common warning signs. The presence of any one or more behavior alone may not be cause for concern. Typically only when a number of the behaviors are present at the same time is it an indication of falling into relapse. However, certain behaviors, when present, automatically indicate a person is in relapse. Circle the common relapse warning signs for yourself. Put a star by any that are of particular concern, if they should be present. Finally, note how many of the behaviors you circled would need to be present to indicate that you were in relapse.

- |                            |                               |  |
|----------------------------|-------------------------------|--|
| Aggression                 | Change in routine             | Denial                                   |
| Alcohol use                | Change in sleep habits        | Depression                               |
| Anxiety                    | Clumsiness                    | Dishonesty                               |
| Avoiding problems          | Complacency                   | Distractedness                           |
| Being argumentative        | Confusion                     | Doubting your ability to stay nonabusive |
| Being critical of yourself | Decreased communication       | Exhaustion                               |
| Being easily agitated      | Decreased compassion/ empathy | Fatigue                                  |
| Being easily frustrated    | Decreased confidence          | Feeling helpless                         |
| Bingeing on entertainment  | Decreased intensity           | Feeling hopeless                         |
| Blaming                    | Decreased self-care           | Feeling irritable                        |
| Boredom                    | Decreased sexual desire       | Feeling like "I dont care"               |
| Change in appetite         |                               | Feeling out of control                   |
| Change in attitude         |                               | Feeling sorry for yourself               |
|                            |                               | Feeling trapped                          |

Focusing on others  
Forgetfulness  
Impaired job performance  
Impatience  
Impulsivity  
Inappropriate laughter  
Increased intensity  
Increased negative self-talk  
Increased stress  
Insisting "Everything's fine"  
Isolating  
Justifying  
Lack of interest

Loss (death, finances,  
relationships)  
Making excuses  
Minimizing  
Mood swings  
Not saying "no"  
Not working with the program  
(fewer time-outs, journals, etc.)  
Numbing out  
Overconfidence  
Overinvolvement  
Passivity  
Physical illness  
Poor decision-making  
Preoccupation  
Problems concentrating  
Procrastination

Reappearance of old  
behaviors  
Self-pity  
Selfishness  
Skipping commitments  
Spending time with  
unsupportive friends  
Stuffing emotions  
Swearing in traffic  
Talking negatively  
about others  
Tardiness  
Unreasonable expectations  
Violent fantasies  
Withholding information  
Working too much

List any other behaviors that are relapse warning signs for you:

How many relapse warning signs need to be present for you to know you're in relapse?