

APPENDIX J

RELAPSE JOURNAL

Today's date:

Date of relapse incident:

Relapse refers not only to a return to old destructive behavior (e.g., drinking/using drugs, becoming physically/verbally abusive), but also the process that precedes the actual behavior. Relapse begins with denial/avoidance of feelings and, without intervention, ends with a return to destructive behavior. You have been given this questionnaire to fill out because not only were you in relapse, but you were unable to intervene prior to returning to destructive behavior. In this questionnaire "incident" refers to the actual drinking/using and/or abusive behavior that you did. "Relapse" refers to the longer process that preceded the incident. While occasionally falling into relapse is probably inevitable and a part of life, actual drug or alcohol use or violent behavior can be avoided if you catch yourself in time. This questionnaire is intended to help you learn from your recent experience with relapse so that another incident of use or abuse can be prevented. Please consider each question carefully and answer as completely (but concisely) as possible.

BEFORE THE INCIDENT

How long do you think you had been in relapse prior to the actual incident?

During the days you were in relapse prior to the incident, what were the physical and behavioral indications that you were in relapse (that you were aware of at the time or can now see in looking back on it)?

What was your self-talk while you were in relapse?

What of significance was going on just prior to and during your relapse in the following areas: work/school, your primary relationship, family relationships, counseling/twelve step meetings?

Were there any other significant issues going on for you just prior to or during your relapse?

What were the most prevalent emotions you were having during the relapse?

Whom did you talk with while in relapse? Did either you or they express any concerns about how you were doing?

Were you aware you were in relapse prior to the incident? If not, what prevented you from being aware of it? If you were then what didn't you do to stop the relapse process once you became aware of it?

DURING THE INCIDENT

What were your behaviors and state of mind immediately prior to the incident?

Briefly describe the actual incident.

What was your thinking at the time that justified your behavior?

AFTER THE INCIDENT

How were you feeling immediately after the relapse incident?

What did you do immediately after the relapse incident?

What were/will be the consequences of the incident?

Are you still in relapse at present? If so, what is your concrete plan for moving into recovery. If not, how can you tell you are no longer in relapse?

GOING FORWARD

What have you done to make sure another incident does not occur?

What steps do you still need to do to make sure another incident does not occur?

What do you plan to do next time if your relapse warning signs begin to appear?

What self-talk can you use next time to challenge your self-talk during the incident?

With every slip up comes a lesson to be learned, what has this episode taught you?