Relapse Pattern Review

A worksheet for learning from a return to unwanted behavior

Purpose: This worksheet is designed to examine a relapse or setback with accountability and curiosity: what built up, what happened, where the sequence could change, and what needs attention next.

1. Describe What Happened Without Collapsing the Story Into Shame

What behavior occurred? Stick to observable facts.

What were the immediate consequences?

2. Vulnerabilities Before the Trigger

[ ] Stress [ ] Loneliness [ ] Fatigue [ ] Conflict [ ] Boredom [ ] Rejection

[ ] Isolation [ ] Unstructured time [ ] Alcohol/substances [ ] Shame [ ] Anxiety [ ] Access/opportunity

What else had been building in the hours or days beforehand?

4. What Function Did the Behavior Serve?

[ ] Escape [ ] Comfort [ ] Stimulation [ ] Numbing [ ] Connection

[ ] Relief from anxiety [ ] Relief from shame [ ] Anger [ ] Self punishment [ ] Habit

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What did I want to feel, stop feeling, avoid, or obtain?

5. Accountability and Repair

Is there anything I need to disclose, repair, replace, apologize for, or take responsibility for?

Who is an appropriate accountability person, and what specifically do I need to tell them?

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6. Change the Next Cycle

Earliest point where I could realistically respond differently next time:

Environmental or access change I will make:

Skill, connection, or alternative behavior I will use:

What I want to remember if shame tells me to hide rather than reengage:

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3. Walk Through the Sequence

Print or reuse this page for additional entries.

Entry 1 · Moment / step

What I noticed or chose

Possible intervention point

Entry 2 · Moment / step

What I noticed or chose

Possible intervention point