

Relapse Symptom Checklist

Place an "X" in front of the signs and symptoms of relapse you have experienced in the past and/or imagine what will be red flags in your own recovery.

PHASE 1 - **DENIAL**

- _____ "I don't know if I can make it."
- _____ "No big deal, I'm just fine."
- _____ "What if I have a slip?"

PHASE 2 - **AVOIDANCE**

- _____ "I'll never use again."
- _____ "As long as I stay clean, that's all that matters."
- _____ "I don't need meeting anymore."
- _____ "I'm doing great, why can't other people get it together?"
- _____ "I don't feel like talking about my problems."
- _____ "I don't need anymore help."
- _____ "I don't need to call or be in touch with AA/NA people as much."

PHASE 3 - **CRISIS BUILDING**

- _____ "It's OK if I miss a meeting or two."
- _____ "If this doesn't work out, I don't know what I'll do."
- _____ "Life is a drag."
- _____ "There's are no alternatives left."
- _____ "If things could only be the way I want them to be, life would be great."
- _____ "Reality sucks!"

PHASE 4 - **STUCK**

- _____ "If only....."
- _____ "The program isn't working."
- _____ "Life is all messed up."
- _____ "It will never get any better."
- _____ "I think God or somebody ought to do something about this situation."

PHASE 5 - **CONFUSION AND OVERREACTION**

- _____ "I'm confused."
- _____ "It's not my fault."
- _____ "This pisses me off."
- _____ "You're screwing everything up!"

PHASE 6 - **DEPRESSION**

- _____ "Who cares?"
- _____ "So what."
- _____ "It doesn't matter."
- _____ "No big deal if I'm not eating or sleeping right."

PHASE 7 - **LOSS OF CONTROL OVER BEHAVIOR**

- _____ "I can skip a meeting tonight."
- _____ "I don't care."
- _____ "Don't help me."
- _____ "I can't get it together."

PHASE 8 - **RECOGNIZE LOSS OF CONTROL**

- _____ Self- Pity
- _____ Fantasize about using
- _____ Lying
- _____ Lose self-confidence

PHASE 9 - **NO WAY OUT**

- _____ Anger
- _____ Stop meetings completely
- _____ Loneliness
- _____ Frustration
- _____ Resentment
- _____ Start hanging out with people who use drugs

PHASE 10 - **LOSE CONTROL**

- _____ School, family, relationships, car, home job, etc fall apart
- _____ Use drugs
- _____ Suicide
- _____ Death "natural cause"