Lapse and Relapse Worksheet

Instructions: Answer the following questions to help you figure out what led to your first drink, cigarette, or other drug use after having quit.

1. Describe the main reason you took the first drink, cigarette, or other drug.

2. Describe your inner thoughts and feelings that triggered your need or desire for the first drink, cigarette, or other drug.

3. Describe any external circumstances that triggered your need or desire for the first drink, cigarette, or other drug.

4. Describe the first decision you made that started the lapse or relapse process.

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Overcoming Your Alcohol or Drug Problem: Relapse Management: What to Do if You Lapse or Relapse.
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