

Stages of relapse worksheet

STAGE 1 EMOTIONAL RELAPSE

- You start to isolate yourself from others.*
- You start to develop poor eating and sleeping habits*
- You have mood swings*
- and Poor self-care.*
- You feel a lot of emotions*
- You don't see any fun in staying sober.*

STAGE 2 MENTAL RELAPSE

- You think about using drugs.*
- You think about those people, places where you used to have it.*
- You start to think of all of the situations where it is possible to have it.*
- You start to minimise the bad consequences*
- You plan your relapse*
- You lie to yourself that you will use it just one-time*

STAGE 3 PHYSICAL RELAPSE

This is where you start to use the drug, it affects you physically. Change your body and you again feel the same. You will again feel bad after this wears off.

Don't let yourself reach this stage.