



## Activity 2: Learning from Past Relapses

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### Relapse Experience

Describe your past relapse experience below. What happened?

Complete the table below with up to 5 relapse triggers you identified from the card activity.

Discovery Cards Summary		
Relapse Triggers: Statements from card fronts	Relapse Trigger Type: from colored card backs	Describe what specifically triggered you
1		
2		
3		
4		
5		

## Questions to Explore

1. How did these triggers play a role in your relapse?
2. At what point did they show up?  
Did you anticipate them?
3. What actions did you take or did you not take to avoid the situation?
4. What can you do differently in the future?
5. Who can you ask for help and support?