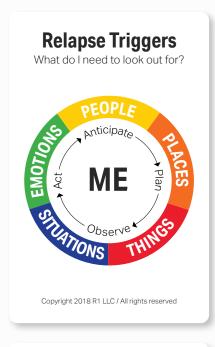


ACTIVITY WORKSHEET

Activity 4: Understanding Relapse Triggers Model

Visit R1LEARNING.COM to download printable Activity Worksheets.

As you think about your understanding of the Relapse Triggers Model, answer the questions to the right.



Relapse Triggers What do I need to look out for? PEOPLE Who affect me PLACES Where I go THINGS What I'm near SITUATIONS What I do EMOTIONS How I feel



Questions to Explore

 Does it help you to know that there is a model describing relapse triggers? How does this help?

2. Do you see how these relapse triggers affect your emotional and mental states? How?

3. Does the Relapse Triggers Model make sense given your own experience? Why?