

Relapse Debriefing Worksheet

A relapse should be a learning experience, not a reason to beat yourself up. But in order to learn, you've got to be honest about the circumstances preceding the relapse.

Was sobriety your priority? What suggestions were you ignoring? What unsobber behaviors were you engaging in? If you haven't found something to change, you're still vulnerable to the same relapse. Talk about it. Make a change. Then do service by sharing about the change in a meeting.

What happened?

Q. How long was your relapse? _____

Q. What were the immediate circumstances surrounding the first drink or drug you picked up?

Q. Did you experience any new lows? If yes, what?

How was your program before the relapse?

Q. How much time did you have? _____

Q. Before your relapse, how often did you...

- Go to meetings? _____ x /week
- Pray? _____ x /week
- Call your sponsor? _____ x /week
- Call other alcoholics? _____ x /week
- Fellowship? _____ x /week
- Do service? _____ x /week

Q. What step were you on?

1 2 3 4 5 6 7 8 9 10 11 12

Q. Had you been slacking on your step work?

Q. Did you have a service commitment?

Were you putting yourself in situations dangerous to your sobriety?

Check off any of the following activities that apply to the period before your relapse. Had you been...

- ☐ Frequenting bars?
- ☐ Socializing with intoxicated people?
- ☐ Spending a lot of time with your family?
- ☐ Engaging in activities likely to result in serious injury?
- ☐ Traveling alone, or without attending meetings?
- ☐ Performing in front of large groups of people?
- ☐ Being a workaholic?
- ☐ Making another person your higher power?

Had you made any major changes before your relapse?

- ☐ New job?
- ☐ Change of residence?
- ☐ New relationship?
- ☐ Marriage/divorce?
- ☐ Sudden or extreme changes to exercise regimen?

What are you going to do differently?

More meetings.

- Are you willing to go to 90 in 90?
- If not, how many will you go to in a week? Is that more than you were attending before the relapse?

More prayer.

- Will you pray when you wake and before bed?
- Will you pray whenever you are in distress?

More service.

- Will you look for ways to do service?
- Will you try to get a service commitment?
- Will you call your sponsor every day?
- Will you share about your experience in some meetings to help those who might be in danger of a relapse?

More fellowship.

- Will you go out for food or coffee after meetings?
- Will you call at least one other alcoholics daily?
- Will you reach out to newcomers?

More stepwork.

- How often are you willing to meet for stepwork?

Share your experience with others

Q. What is the most important lesson you learned from this relapse?

Q. Based on this experience, what advice would you offer to others to help them avoid relapse?