Relapse Story Assignment

Write a relapse "story" about your relapse and the steps that led up to it. Write about some of the things that took place prior to the relapse. What was going on the month before your relapse? (The week? The day? The hour?) Trace back the steps. Write about your triggers (emotions, thoughts, situations, events, people, places, things, etc.) Include what your recovery program was *lacking.* Also, write about your negative attitudes behind your relapse. Finally, briefly write about what you are doing differently this time.

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