



RELAPSE ANALYSIS¹

DESCRIBE IN DETAIL YOUR LAST RELAPSE BELOW:

→ What was the relapse?

→ When did the relapse happen?

→ Where did the relapse happen?

→ Did you make a phone call to a group member for help when you were thinking about relapsing? If not, why not? (This is a key step to preventing relapse.)

→ What were the actions/interactions/reactions that led up to the relapse (people/places/things involved)?

¹ Ben Bennett, Brett Butcher, and Ted Roberts, *Living Free* (Gresham: Pure Desire Ministries International, 2016), 199-201.

- ➔ How long were you in relapse and reacting in your addiction (exhaustion > trigger > relapse)?

- ➔ What were your last five days on the FASTER Scale?

- ➔ Provide an emotional analysis leading up to relapse:

- ➔ Provide a spiritual analysis leading up to relapse:

- ➔ Provide a physical analysis leading up to relapse:

- ➔ What was the double bind with the relapse? How could you have practically implemented the harder choice?

- ➔ What was your level of accountability leading up to relapse?

- ➔ What must you implement to avoid a future relapse?