

Addiction Relapse Warning Signs

The following list addresses common relapse warning signs for alcoholics and addicts. It is adapted and expanded from the work of Terence T. Gorski.¹²⁵ Check all that apply. You do not have to be experiencing these signs at the moment, but recognize them as requiring attention to prevent them from becoming relapse triggers.

- I doubt my ability to stay sober but keep this a secret.
- I'm afraid, but I deny it.
- I've decided I can be abstinent without recovery.
- I am overconfident in my recovery.
- I avoid talking about problems or my recovery.
- My life is out of balance. (I work too much or too little. I get too much exercise or very little or none. I overeat or don't eat enough.)
- I overreact to stressful situations.
- I am isolating physically or emotionally.
- I feel depressed or anxious.
- I am making unrealistic plans.
- I ruminate about the past.
- I never do anything to have fun.
- I can't relate to people in my recovery program.
- I am easily angered or irritated.
- I am blaming others for my problems or the past.
- I have a chaotic daily schedule.
- I lack structure in my days.
- I live with people who drink or use other drugs.

- I medicate with tranquilizers, alcohol, or other drugs.
- I lack energy and sleep excessively.
- I openly reject help from others.
- I resent the people closest to me.
- I am apathetic; I don't care what happens.
- I don't want to take responsibility; I expect others to take care of me.
- I think about drinking and drugging, or experience cravings, but don't share this in my recovery circles.
- I am experiencing a great deal of self-pity.
- I am consciously lying to others.
- I am experiencing anger and resentments that I keep to myself.
- I am hanging around drinking or using friends and "wet places."
- I believe I could drink or drug again and control it this time.
- I think about seeing a doctor to get a prescription for mood-altering drugs.
- I don't believe I'll ever have fun sober.
- I don't take positive action to improve my circumstances.
- I skip meetings and feel resentful if anyone mentions it to me.
- I unrealistically think I should be happy all the time.
- I drive by places where I used to buy liquor or drugs.
- I am still seeing the doctor who prescribed me my drugs.
- I haven't emptied my house of alcohol or other drugs.
- I don't talk to my sponsor, and I'm not working the Steps.
- I sit in the back of meetings and don't participate.

- I don't get to know anyone in recovery.
- I get to meetings late and leave early.
- I overreact emotionally.
- I act happy, as if everything is great, but I feel miserable.
- I am thinking I could use a different substance than my drug of choice, and I wouldn't have a problem.
- I feel like I am bouncing from one crisis to another.
- I think I'm more fun to be around when I'm drinking or high.
- I don't think I can date or be romantic without getting slightly buzzed.
- I don't believe I'll ever be able to rebuild my life.
- I feel hopeless.
- I am thinking about using tranquilizers or sleeping pills.
- I think I'm too young or too old for recovery.
- I have no confidence in myself.

My Top Relapse Warning Signs

After completing your Addiction Relapse Warning Signs Checklist, list your top ten relapse signs below. Discuss with your sponsor a plan to deal with each one. Provide copies to your SFR family recovery team, chairperson, SFR counselor, and Twelve Step sponsor.

1. Relapse sign: _____
Plan to address it: _____
2. Relapse sign: _____
Plan to address it: _____
3. Relapse sign: _____
Plan to address it: _____

4. Relapse sign: _____

Plan to address it: _____

5. Relapse sign: _____

Plan to address it: _____

6. Relapse sign: _____

Plan to address it: _____

7. Relapse sign: _____

Plan to address it: _____

8. Relapse sign: _____

Plan to address it: _____

9. Relapse sign: _____

Plan to address it: _____

10. Relapse sign: _____

Plan to address it: _____

Notes: _____
