

Discussion Questions # 9

Understanding Relapse

1. Explain the concept of a trigger.
2. What are your triggers that may lead to relapse?
3. Explain, “relapse is not an event it is a process.”
4. Why is implementing a plan to keep triggers from turning into relapse a significant part of the recovery journey?
5. How is relapse similar to cutting down a tree?
6. Which swing of the ax is responsible for bringing down the tree?
7. Define “first order change.”
8. What are the first order changes you need to implement immediately?
9. What are the consequences if you decide not to make as many first order changes as possible?
10. Why are the same triggers easier to handle some days and more difficult on others?
11. How do you take care of your recovery as you go?
12. When are the times that triggers seem more difficult for you to handle?
13. What has worked well for you in those moments in the past?
14. What didn’t work well?
15. What plan do you currently have in place to handle your triggers?