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## Relapse Chain Worksheet

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**Instructions:** The last link in the relapse chain represents your use of alcohol, tobacco, or other drugs. Each preceding link represents a specific relapse warning sign. Identify as many warning signs as you can. Then state how much time elapsed between the earliest warning sign and the first time you used a substance again. Also, state how you felt about using substances again, and how your family (or other significant people in your life) felt.

The diagram consists of ten empty ovals arranged in two vertical columns of five. The ovals are connected by short lines, with the top oval of the left column connected to the top oval of the right column, and each subsequent oval in the left column connected to the one below it in the right column.

Time elapsed from early warning signs to actual use: \_\_\_\_\_

How I felt about using again: \_\_\_\_\_

How my family or significant others felt: \_\_\_\_\_