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Relapse Prevention Plan Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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2 · Stages of Relapse

3 · Identify Triggers

4 · Use Your Body As A Compass

5 · Emotional Flooding Test

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.
- Assess current safety, suicidal and homicidal thoughts, self-harm, intoxication or withdrawal, violence, exploitation, psychosis, mania, medical instability, and ability to meet basic needs when relevant. Use local emergency or crisis procedures for imminent risk.
- Activities involving exposure, trauma detail, urges, means, disclosure, or relationship repair require appropriate competence, informed consent, pacing, and safety planning; a worksheet is not a substitute for these safeguards.

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Quality of Life Assessment

Here is a quality of life quiz that can help you identify areas to focus on in order to prevent addiction relapse:

Area	Statement	Rate (1-5)
Physical Well-being	1. I prioritize getting enough sleep each night. 2. I make conscious efforts to eat a balanced and nutritious diet. 3. Regular physical activity is a part of my routine. 4. I take care of my physical health through self-care practices.	
Emotional Well-being	1. I am aware of my emotions and work on managing them effectively. 2. I have healthy coping mechanisms to deal with stress and anxiety. 3. I seek support from therapists, counselors, or support groups when needed. 4. I engage in activities that bring me joy and fulfillment.	
Relationships	1. I have healthy and supportive relationships. 2. I address conflicts or unresolved issues with loved ones. 3. I set boundaries and practice healthy communication in my relationships. 4. I stay connected with positive influences in my life.	

Occupational/ Financial Well-being	1. I am satisfied with my current job/career path. 2. I maintain a healthy work-life balance. 3. I manage my finances responsibly and avoid financial stressors. 4. I pursue personal and professional growth opportunities.	
Purpose and Meaning	1. I have a sense of purpose or goals in my life. 2. I engage in activities that align with my values and inspire me. 3. I explore new hobbies, interests, or educational pursuits. 4. I'm satisfied with the spiritual base of my life.	

By assessing these different aspects of your life, you can identify areas that may require attention and develop strategies to enhance your quality of life.

Stages of Relapse

Relapse is a process, it's not an event. The stages of relapse can help us understand the progression leading up to a potential return to addictive behaviors.

1. Emotional Relapse

In this stage, a person may not be consciously thinking about using substances, but their emotions and behaviors may set them up for vulnerability. The following are some common symptoms check off the ones you relate to:

- ☐ Intense mood swings
- ☐ Loss of interest in activities
- ☐ Persistent feelings of guilt or shame
- ☐ Feeling overwhelmed
- ☐ Anger
- ☐ Increased irritability or restlessness
- ☐ Isolation
- ☐ Heightened anxiety
- ☐ Difficulty expressing emotions
- ☐ Loss of motivation
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Mental Relapse

This stage involves conflicting thoughts and desires. Part of the person wants to use substances again, while another part wants to stay in recovery. The following are some common symptoms check off the ones you relate to:

- ☐ Romanticizing past substance use
- ☐ Craving substances
- ☐ Planning how to use without getting caught
- ☐ Associating with people or places from the past.
- ☐ _____
- ☐ _____
- ☐ _____

3. Physical Relapse

At this stage, a person actually picks up and uses substances, returning to addictive behaviors. This is the most visible stage, where the relapse becomes apparent to oneself and others.

It's important to note that relapse does not always progress through all stages.

Identify Triggers

1. List specific people, places, or situations that may trigger cravings or negative emotions. The following are examples. Check off the ones you relate to:

- ☐ Being in the presence of individuals who still use substances.
- ☐ Visiting places associated with past substance use, such as bars or old hangouts.
- ☐ Experiencing conflict or tension in personal relationships.
- ☐ Attending social gatherings or events where substances are easily accessible.
- ☐ Exposure to advertisements or media glorifying substance use.
- ☐ Celebrations or holidays where substance use is traditionally involved.
- ☐ Dealing with financial stressors or instability.
- ☐ Facing peer pressure from friends or acquaintances to use substances.
- ☐ Dealing with chronic pain or medical conditions that may lead to the use of prescription medications.
- ☐ Being exposed to stress triggers at work or school.
- ☐ Experiencing sleep disturbances or insomnia.
- ☐ Exposure to traumatic or triggering events.

☐ _____

☐ _____

☐ _____

☐ _____

2. List any internal triggers that may lead to relapse for you. The following are examples. Check off the ones you relate to:

- ☐ Experiencing intense emotions such as anger, sadness, or anxiety.
- ☐ Feeling overwhelmed by stress or pressure.
- ☐ Experiencing feelings of self-doubt or low self-esteem.
- ☐ Feeling bored or lacking a sense of purpose.
- ☐ Experiencing physical discomfort or pain.
- ☐ Coping with unresolved trauma or past experiences.
- ☐ Struggling with feelings of loneliness or isolation.
- ☐ Having difficulty in managing everyday responsibilities and obligations.
- ☐ Feeling a lack of motivation or energy.
- ☐ Battling negative thought patterns or distorted thinking.
- ☐ Experiencing feelings of guilt or shame related to past substance use.
- ☐ Struggling with impulsivity or difficulty in delaying gratification.
- ☐ Engaging in social comparison or feeling inadequate compared to others.
- ☐ Having difficulty in regulating emotions or emotional dysregulation.
- ☐ Experiencing a sense of emptiness or searching for meaning.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Use Your Body As A Compass

When you notice these bodily sensations, it serves as a signal that something may be off emotionally or psychologically. Recognizing these cues can prompt you to take proactive steps before the negative emotions intensify and potentially lead to relapse.

The following are common bodily sensations related to relapse. Check off the ones you often experience before relapse or thinking about relapse:

- ☐ Increased heart rate or palpitations
- ☐ Tightness or tension in the chest
- ☐ Rapid or shallow breathing
- ☐ Clenched jaw or teeth grinding
- ☐ Knots or butterflies in the stomach
- ☐ Headaches or migraines
- ☐ Sweating or clammy hands
- ☐ Fatigue or exhaustion
- ☐ Muscle tension or stiffness
- ☐ Increased sensitivity to sensory stimuli (e.g., sounds, lights)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Use the following mindfulness exercise to increase awareness of your bodily sensations:

1. Find a quiet and comfortable space where you won't be disturbed.
2. Take a few deep breaths to relax your body and mind.
3. Focus your attention inward and become aware of any sensations in your body.
4. Notice any tension, tightness, or discomfort you may be feeling. Pay attention to any specific areas where you feel these sensations.
5. Take a moment to identify and label the emotions or feelings associated with these physical sensations. Write them down in the space provided below.
6. Reflect on any thoughts, memories, or circumstances that may have triggered these emotions.
7. Consider how these emotions might be related to past experiences of relapse or addiction.
8. Lastly, take a few moments to engage in a calming or grounding activity, such as deep breathing, meditation, or progressive muscle relaxation.

Emotions/Sensations:

Triggering Thoughts/Memories/Circumstances:

Emotional Flooding Test

Emotional flooding, also known as emotional overwhelm, occurs when an individual becomes overwhelmed by intense emotions to the point where they feel unable to manage or cope effectively.

This can lead to a range of symptoms such as difficulty thinking clearly, feeling out of control, and potentially exhibiting impulsive or reactive behaviors.

In the past week, how often have you experienced distress or discomfort as a result of the following emotions?

Feeling	Never	Rarely	Sometimes	Often	Almost Always
Sad	1	2	3	4	5
Angry	1	2	3	4	5
Fearful	1	2	3	4	5
Guilty	1	2	3	4	5
Ashamed	1	2	3	4	5
Anxious	1	2	3	4	5
Jealous	1	2	3	4	5
Lonely	1	2	3	4	5
Panicked	1	2	3	4	5
Controlled	1	2	3	4	5
Misunderstood	1	2	3	4	5
Resentful	1	2	3	4	5
Worried	1	2	3	4	5
Hopeless	1	2	3	4	5
Grieving	1	2	3	4	5

What Happened to My Past Emotions?

Use the following chart to keep track of your past emotions.

Past situation	Emotions I experienced and intensity (1-10)	How long did it last?	Why Did My Emotions Change?

Cognitive Distortions

Cognitive distortions are thought patterns or biases that can lead to negative thinking and emotional distress. Here are 10 common categories of cognitive distortions along with examples:

1. All-or-Nothing Thinking: Seeing things as black or white, without considering any gray areas.

Example: "If I don't get a perfect score on this test, I'm a complete failure."

2. Overgeneralization: Drawing broad conclusions based on limited evidence or a single event.

Example: "I didn't get invited to the party. Nobody likes me."

3. Mental Filter: Focusing only on negative aspects while ignoring positive or neutral aspects of a situation.

Example: "I got mostly positive feedback on my performance review, but I can't stop thinking about the one criticism."

4. Jumping to Conclusions: Making assumptions without evidence to support them.

Example: "My friend didn't reply to my message. They must be mad at me."

5. Emotional Reasoning: Believing that your emotions reflect reality, even in the absence of concrete evidence.

Example: "I feel like a failure, so I must be one."

6. Discounting the Positive: Minimizing or dismissing positive experiences or accomplishments.

Example: "Sure, I got a promotion, but it was probably just luck."

7. Labeling: Assigning global and negative labels to oneself or others based on specific behavior.

Example: "I made a mistake, so I'm a complete idiot."

8. Personalization: Assuming excessive responsibility for events that are beyond your control.

Example: "My partner seems upset. It must be my fault."

9. Catastrophizing: Exaggerating the potential consequences of a situation.

Example: "If I fail this exam, my future is ruined, and I'll never achieve my goals."

10. "Should" Statements: Setting rigid rules or expectations for oneself or others, leading to feelings of guilt or inadequacy.

Example: "I should have done better. I'm such a failure."

Recognizing these cognitive distortions can help you challenge and reframe negative thoughts, leading to more balanced thinking patterns and improved emotional well-being.

What Are Your Biases?

Emotion	Typical Thought	Category
e.g. Anxiety	"I'm convinced something terrible is going to happen."	Jumping to Conclusions

Challenging Your Negative Beliefs

Negative Thought: _____

Degree of belief in thought (0-10): _____

Evidence for	Evidence against

Degree of belief in thought now (0-10): _____

Negative Thought: _____

Degree of belief in thought (0-10): _____

Evidence for	Evidence against

Degree of belief in thought now (0-10): _____

Coping Strategies

Develop a list of healthy coping strategies to deal with triggers and cravings. The following are some examples. Check off the ones you want to try or add ones of your own:

- ☐ Practice deep breathing exercises
- ☐ Journal your thoughts and feelings
- ☐ Use distraction techniques (e.g., puzzles, games)
- ☐ Identify and challenge negative thoughts or cognitive distortions
- ☐ Utilize grounding techniques (e.g., focusing on your senses)
- ☐ Use visualization techniques for relaxation or motivation
- ☐ Make a list of reasons why you want to stay sober or addiction-free
- ☐ Engage in physical activity (e.g., brisk walking, jogging)
- ☐ Engage in activities that make you laugh (e.g., watching funny videos or spending time with loved ones)
- ☐ Use a stress ball or squeeze toy
- ☐ Use progressive counting (Starting at one, count each breath, gradually increasing the count as you exhale.)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Safety Plan

My warning signs

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

My coping strategies

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

List of Values

Acceptance	Decisiveness	Hope
Accountability	Dependability	Humility
Achievement	Determination	Humor
Adaptability	Discipline	Independence
Adventure	Efficiency	Influence
Affection	Empathy	Inner Harmony
Altruism	Empowerment	Innovation
Ambition	Equality	Inspiration
Assertiveness	Excellence	Integrity
Authenticity	Exploration	Intellectual
Autonomy	Fairness	curiosity
Balance	Faith	Intimacy
Beauty	Family	Intuition
Belonging	Financial stability	Joy
Boldness	Flexibility	Justice
Calmness	Focus	Kindness
Caring	Forgiveness	Knowledge
Challenge	Freedom	Leadership
Clarity	Friendship	Learning
Collaboration	Fun	Love
Commitment	Generosity	Loyalty
Compassion	Gratitude	Non-judgment
Competence	Growth mindset	Open-mindedness
Confidence	Happiness	Optimism
Connection	Harmony	Organization
Cooperation	Health	Patience
Creativity	Helpfulness	Peace
Curiosity	Honesty	Perseverance

Persistence	Self-care	Success
Playfulness	Self-confidence	Support
Positivity	Self-discipline	Tolerance
Power	Self-expression	Transparency
Privacy	Self-improvement	Travel
Productivity	Self-reliance	Trust
Purpose	Self-respect	Truthfulness
Quality	Sensitivity	Understanding
Reciprocity	Serenity	Uniqueness
Reliability	Service	Unity
Resilience	Simplicity	Volunteering
Respect	Social justice	Wisdom
Responsibility	Spirituality	Work-life balance
Security	Stability	
Self-acceptance	Strength	

Identify Core Values

Reflect on your past experiences and what has been important to you in life. Write down your responses to the following questions:

1. What qualities or values have guided your actions and decisions in the past? (e.g., Honesty, compassion, perseverance)

2. What activities or pursuits have brought joy, meaning, and fulfillment to your life? (e.g., Spending time with loved ones, pursuing a hobby, helping others)

3. How do you want to be remembered by others? What kind of person do you aspire to be? (e.g., Trustworthy, reliable, kind-hearted)

4. What principles or beliefs are essential to your personal growth and well-being? (e.g., Self-care, maintaining healthy boundaries, continuous learning)

5. Select the top three to five values that you believe are most crucial for preventing relapse and maintaining your recovery.

Write down these chosen values on a separate piece of paper or sticky note.

Whenever faced with a difficult decision or potential trigger, refer back to your core values. Ask yourself how each option aligns with those values and choose the path that supports your overall well-being and recovery.

6. List some behaviors that demonstrate each of your chosen values in action. These behaviors should be concrete, specific, and measurable.

e.g., Resilience

- Engaging in regular exercise or physical activities to build endurance.*
- Maintaining a daily journal to identify and reflect on strengths and lessons from challenges.*
- Seeking support from loved ones or a therapist during times of stress or adversity.*

What Brings You Joy?

Take some time to reflect on the things that bring you joy in life. Use the prompts below to help you identify and explore these sources of joy.

1. Think about activities or hobbies that make you feel happy and fulfilled. Write them down here:

- Activity/hobby 1: _____
- Activity/hobby 2: _____
- Activity/hobby 3: _____

2. Consider the people who bring joy into your life. Who are they? Write down their names and describe why they bring you joy:

- Person 1: _____

Why they bring me joy: _____

- Person 2: _____

Why they bring me joy: _____

- Person 3: _____

Why they bring me joy: _____

3. Reflect on moments or experiences that have brought you immense joy. Describe them briefly here:

- Moment/experience 1: _____
- Moment/experience 2: _____
- Moment/experience 3: _____

4. Explore any places or environments that evoke feelings of joy within you. Write them down and explain why they have this effect on you:

- Place/environment 1: _____
Why it brings me joy: _____

- Place/environment 2: _____
Why it brings me joy: _____

- Place/environment 3: _____
Why it brings me joy: _____

5. Think about things/activities you want to start doing.

- Activity 1: _____
- Activity 2: _____
- Activity 3: _____

In the next page includes a list of enjoyable activities you may find helpful.

List of Enjoyable Activities

- ☐ Reading a favorite book or exploring new genres.
- ☐ Going for a leisurely walk in nature.
- ☐ Trying out a new recipe and cooking a delicious meal.
- ☐ Dancing to your favorite music in the comfort of your home.
- ☐ Engaging in a creative activity like painting, drawing, or crafting.
- ☐ Watching a movie or binge-watching a TV series.
- ☐ Writing in a journal.
- ☐ Taking a scenic drive or road trip.
- ☐ Gardening and tending to plants.
- ☐ Playing a musical instrument.
- ☐ Having a picnic in the park.
- ☐ Trying out a new workout routine or exercise class.
- ☐ Volunteering for a cause you care about.
- ☐ Listening to a favorite podcast or audiobook.
- ☐ Having a spa day at home with pampering activities.
- ☐ Going for a bike ride.
- ☐ Taking photographs of things that catch your eye.
- ☐ Attending a live performance, such as a concert or play.
- ☐ Having a game night with friends or family.
- ☐ Going camping or having a bonfire.
- ☐ Going to a comedy show or watching stand-up comedy online.
- ☐ Having a DIY project at home, like repurposing furniture.
- ☐ Taking a relaxing bath with scented candles and soothing music.
- ☐ Going to a theme park or amusement park.
- ☐ Spending quality time with pets or animals.

Lifestyle Changes

Lifestyle changes can help in maintaining recovery. The following are some examples:

- ☐ Engage in regular physical exercise
- ☐ Practice mindfulness meditation
- ☐ Develop a strong support network
- ☐ Attend support group meetings
- ☐ Engage in creative activities (e.g., painting, writing, playing music)
- ☐ Establish a daily routine
- ☐ Practice healthy sleep hygiene
- ☐ Practice self-care activities (e.g., taking a bath, going for a walk)
- ☐ Practice relaxation techniques (e.g., progressive muscle relaxation)
- ☐ Set short-term and long-term goals
- ☐ Practice positive affirmations or self-talk
- ☐ Limit exposure to triggers or environments associated with the addiction
- ☐ Engage in volunteer work or helping others
- ☐ Engage in activities that promote self-expression (e.g., dancing, singing)
- ☐ Engage in spiritual or religious practices that are meaningful to you
- ☐ Practice gratitude and appreciation
- ☐ Educate yourself about addiction and recovery
- ☐ Learn and practice assertive refusal skills
- ☐ _____
- ☐ _____

Learn From Lapses

1. Describe the situation:

Provide details about the circumstances leading up to the relapse.
Consider the time, location, people, and any other relevant factors.

2. Identify triggers:

Reflect on what triggered the relapse. Triggers can be internal (such as thoughts or emotions) or external (such as people, places, or events).

3. Recognize thoughts and emotions

Explore the thoughts and emotions that were present before, during, or after the relapse. It could be negative self-talk, cravings, or feelings of guilt, shame, or frustration. Write down these thoughts and emotions.

4. Challenge unhelpful thoughts:

Examine the validity of the thoughts you recorded. Are they based on accurate information? Are there alternative perspectives that might be more helpful? Challenge and replace unhelpful thoughts with more balanced, realistic ones.

5. Develop coping strategies:

Consider strategies to prevent future relapses and manage potential triggers. These could include stress management techniques, finding alternative activities to replace the undesired behavior, seeking social support, or using relapse prevention tools. Write down specific strategies that you can implement in similar situations.

Relapse Log

Situation	Triggers (internal/external)	Thoughts and emotions during relapse	Alternative, more realistic thought	Coping strategies to prevent future relapses

Excuses for Not Drinking

Abstaining from drinking can be challenging, as peer pressure and societal norms often expect individuals to participate in alcohol-related activities.

The following is a list of excuses for not drinking that can help you navigate social situations comfortably. Check off the ones you think you can use on your next social gathering or write down excuses of your own:

1. Personal Preferences

Not everyone likes the taste of alcohol or the effects it has on their body.

Explaining your preference for non-alcoholic drinks or simply stating that you don't enjoy drinking can be an honest and straightforward way to avoid alcohol-related events.

Examples:

- ☐ "No, thank you. I actually prefer not to drink alcohol."
- ☐ "I've decided to abstain from alcohol as it doesn't fit with my lifestyle choices."
- ☐ "I've made a personal decision to avoid alcohol, so I won't be drinking tonight."
- ☐ _____
- ☐ _____

2. Religious or Cultural Beliefs

Many religions prohibit the consumption of alcohol, such as Islam and certain sects of Christianity.

Additionally, some cultures view drinking as taboo or inappropriate, making it easier for individuals to decline alcohol without feeling pressured or judged.

Examples:

- ☐ "As a part of my faith, I choose not to consume alcohol."
- ☐ "In my culture, we consider alcohol to be against our traditions, so I won't be drinking."
- ☐ _____

3. Designated Driver

Being responsible for getting your friends and family home safely is a noble act that shows you care about their well-being.

This excuse also provides an opportunity to be of service to others and demonstrate your commitment to safety.

Examples:

- ☐ "I'm the designated driver tonight, so I'll be abstaining from alcohol."
- ☐ "I want to make sure everyone gets home safely, so I'm not drinking tonight."
- ☐ "I volunteered to be the designated driver, which means no alcohol for me."
- ☐ "I'm committed to keeping our friends safe by being the designated driver, so I won't be drinking."
- ☐ "Since I'll be responsible for getting everyone home, I'll be sticking to non-alcoholic beverages."
- ☐ _____

4. Personal Goals and Priorities

Personal goals and priorities can also be a credible excuse for not drinking.

For example, if someone is training for a sporting event or trying to achieve a fitness goal, alcohol consumption may interfere with these efforts.

Additionally, someone may be saving money for a particular purchase or experience, and choosing not to drink can help them save money while still participating in social events.

Examples:

- ☐ "I'm currently focusing on my fitness goals, so I'm choosing not to drink right now."
- ☐ "I have an important project/personal commitment tomorrow, and I want to be at my best, so I'll pass on alcohol for tonight."
- ☐ "I'm trying to save money, and cutting back on alcohol is part of my budgeting plan."
- ☐ "I've decided to take a break from alcohol to prioritize my mental and emotional well-being."
- ☐ _____
- ☐ _____

5. Past Experiences

Some individuals may have had negative experiences with alcohol that make them hesitant to drink.

Explaining that you previously experienced negative side-effects, such as getting sick, having a hangover, or engaging in behavior you regretted, can be a reason to avoid alcohol in the future.

Examples:

- ☐ "I had a negative reaction to alcohol in the past, so I'm choosing not to drink to avoid any potential complications."
- ☐ "Alcohol tends to exacerbate my anxiety/depression, so I'm opting out for my own mental well-being."
- ☐ "I've had some regrettable experiences with alcohol in the past, so I'd rather abstain to avoid repeating those situations."
- ☐ "I've noticed that alcohol negatively impacts my sleep quality, so I'm abstaining to prioritize my rest and recovery."
- ☐ _____
- ☐ _____

6. Work Obligations

Work obligations can provide a valid excuse for not drinking.

Explaining that you have an important meeting, presentation, or project the following day can help justify not drinking.

Alcohol can affect productivity, focus, and performance the next day, so choosing to abstain can be a wise decision.

Examples:

- ☐ "I have an early morning meeting/event tomorrow and need to be at my best, so I'm choosing not to drink tonight."
- ☐ "I'm on-call tonight for work, and I need to be ready and available, so it's better if I stay sober."

- ☐ "I'm currently working on an important project that requires my full concentration, so I'm avoiding alcohol to maintain focus."
- ☐ "I have an important presentation/work-related task coming up, and I want to ensure that I'm mentally sharp, so I won't be drinking tonight."
- ☐ _____
- ☐ _____

Other valid excuses may include:

Taking medication: certain medication can interact poorly with alcohol.

Medical conditions: such as liver disease, pancreatitis, or gastric ulcers.

Allergy to alcohol: although rare, some individuals may have an allergy to alcohol. This allergy can lead to symptoms such as hives, difficulty breathing, and nausea.

Note: this list can also apply to other forms of substance abuse or even other addictions.

Practice Kindness Toward Yourself

The following is a list of kind, loving messages you can tell yourself when you're experiencing a difficult emotion. Check off the ones you want to use or add more to the list:

- ☐ It is okay to feel this way; emotions are a natural part of being human.
- ☐ I am not alone in experiencing these emotions; many others have felt this way too.
- ☐ I am gentle with myself as I navigate through these challenging emotions.
- ☐ It is understandable that I feel this way considering the circumstances.
- ☐ I allow myself to fully feel and express these emotions without suppressing them.
- ☐ I offer myself patience and understanding as I navigate through this emotional journey.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Substance-related and addictive disorders, diagnosis-specific · Relapse is a course event, not a standalone diagnosis.
- ICD-11 CDDR: 6C4x / 6C5x family Disorders due to substance use or addictive behaviours · Diagnosis depends on substance or behavior.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Identify substance/behavior, current intoxication/withdrawal risk, severity/course, medical danger, co-occurring disorders, overdose risk, suicidality, and level-of-care needs.

Document-specific corrections

- Pages [2] · Frame ·Relapse Prevention· using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 15, 16, 24, 33] · Treat the Relapse Prevention ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37] · Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment. Apply this specifically to the workbook's Quality of Life Assessment, Stages of Relapse, Identify Triggers, Use Your Body As A Compass sections.
- Pages [1, 2, 4, 8, 9, 11, 19, 24, 27, 28, 35, 36] · Review all medical assertions in Relapse Prevention with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.
- Pages [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37] · Separate a lapse-learning worksheet from emergency planning. Add substance-specific withdrawal/overdose warnings, naloxone and medical-evaluation considerations where applicable, level-of-care triggers, and instructions not to resume prior tolerance-based quantities.

Measures, scoring, and permissions

- Treat the Relapse Prevention ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment.
- Assess intoxication, withdrawal, overdose, medical instability, co-occurring disorders, suicidality, and access to means or high-risk opportunities. Some withdrawal states require medically supervised care.
- Behavioral tracking does not by itself establish an addictive disorder; confirm diagnostic boundaries and functional impairment.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.samhsa.gov/find-help/locators>
- <https://988lifeline.org/>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.healthquality.va.gov/guidelines/MH/sud/>