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Relapse Autopsy

The purpose of this Relapse Autopsy is to help you recognize what issues, patterns, and choices contributed to your relapse so that you can learn from it. After all, the only mistake that is worthless is the one you do not learn from! This Relapse Autopsy will walk you through various aspects of your relapse and current recovery to help you identify what you have minimized that contributed to your relapse, what you have failed to do that allowed your relapse to occur, and what changes you can make in your recovery to avoid repeating these patterns. The ultimate goal of this Relapse Autopsy process is to create sustained and solid sobriety.

What was the nature of your relapse? _____

Behaviors and Choices

What choices did you make or behaviors did you do immediately before your relapse? What behaviors or choices did you make before that? And before that? And before that? Etc.

After reviewing your behaviors and choices, what are some similarities to past relapses?

After reviewing your behaviors and choices, what contributed to your relapse? What changes are there to be made to your inner circle, middle circle, or sobriety plan?



Justification and Denial

What justification or denial did you use to convince yourself that acting out was OK or that you were not really acting out? _____

After reviewing your justification and denial, what are some similarities to past relapses?

After reviewing your justification and denial, what changes are there to make to your sobriety plan? _____



Events, Situations, and Interactions

What events, situations, or interactions happened immediately before your relapse?

What events, situations, or interactions happened the day of your relapse? _____

What events, situations, or interactions took place the day before your relapse? _____

What significant events, situations, or interactions took place the week before your relapse? _____

What significant events, situations, or interactions took place two weeks or more before your relapse? _____

What events or situations are/were scheduled to take place later the day of your relapse?



What events or situations are/were scheduled to take place the day after your relapse?

What significant events or situations are/were scheduled to take place the week after your relapse? _____

What significant events or situations are/were scheduled to take place two weeks or more after your relapse? _____

After reviewing the events, situations, and interactions, what are some similarities to past relapses? _____

After reviewing the events, situations, and interactions, are there changes to make to your sobriety plan? _____



Emotions

What emotions were you feeling immediately before your relapse? _____

What significant emotions did you feel the day of your relapse? _____

What significant emotions did you feel the day before your relapse? _____

After reviewing your emotional experiences, what are some similarities to past relapses?

After reviewing your emotional experiences, are there changes to make to your sobriety plan or sobriety first aid kit? _____



Physical Sensations

What physical sensations (see, hear, smell, taste, feel on your skin) did you experience immediately before your relapse? _____

What significant physical sensations (see, hear, smell, taste, feel on your skin) did you experience the day of your relapse? _____

What significant physical sensations (see, hear, smell, taste, feel on your skin) did you experience the day before your relapse? _____

After reviewing your physical sensations, what are some similarities to past relapses?

After reviewing your physical sensations, are there changes to make to your sobriety plan or sobriety first aid kit? _____



Kept Secrets

Reviewing the previous sections of this Relapse Autopsy, what secrets did you keep? What situations, experiences, or thoughts did you not share with others? _____

Thinking about your past addictive behaviors and past situations you feel shame or guilt around, what secrets are still you keeping? _____

After reviewing your kept secrets, what are some similarities to past relapses?

After reviewing your kept secrets, what changes are there to make to your sobriety plan?

After reviewing your kept secrets, what actions are there for you to take regarding rigorous honesty and/or amends? _____



Self-Care

What self-care tools did you use the day of your relapse? _____

What self-care tools would have been helpful the day of your relapse that you did not use?

Was there a change in your self-care routine in the week before your relapse? _____

After reviewing your self-care experiences, what are some similarities to past relapses?

After reviewing your self-care experiences, what contributed to your relapse? Are there changes to be made to your sobriety plan, sobriety first aid kit, or self-care routine?



Consequences

What impact or consequences has your relapse had on you? _____

What impact or consequences has your relapse had on others? _____

After reviewing the impact and consequences, what are some similarities to past relapses?

After reviewing the impact and consequences of your relapse, are there changes to be made to your sobriety plan or sobriety first aid kit? _____



Motivation

Prior to and during this relapse, what was your motivation for staying sober and resisting the urge to act out? _____

What parts of your motivation were effective? (Helped you hold on to your desire to stay sober and resist the urge to acting out.) _____

What parts of your motivation were NOT effective? (Did NOT help you hold on to your desire to stay sober and resist the urge to act out.) _____

After reviewing your motivation to stay sober, what are some similarities to past relapses?

After reviewing your motivation to stay sober, are there changes to be made to your sobriety plan or sobriety first aid kit? (Where in your sobriety plan and first aid kit is your motivation to stay sober identified and reinforced? How easy is it to remind yourself of your motivation to stay sober when you are in the middle of your addictive urges?)



Action Plan

Having worked through this Relapse Autopsy, I am making the following changes to my circles (inner, middle, and outer): _____

Having worked through this Relapse Autopsy, I am making the following changes to my sobriety plan: _____

Having worked through this Relapse Autopsy, I am making the following changes to my sobriety first aid kit: _____

Having worked through this Relapse Autopsy, I am making the following changes to my self-care routine: _____

Having worked through this Relapse Autopsy, I will explore the following actions regarding rigorous honesty and/or amends with my therapist, sponsor, and/or support group:

