



RELAPSE AGREEMENT

For All Members of the Family





Relapse Agreement

This agreement is meant to protect my recovery, inform you how to respond in case I experience a relapse and confirm your commitment to recovery too.

My warning signs include:

- I doubt my ability to stay sober but keep this a secret.
- 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. (EX: I work too much or too little).
- Engaging in other compulsive behaviors like spending, sex, disordered eating or gambling.
- I am isolating physically or emotionally.
- I feel depressed or anxious.
- I am making unrealistic plans.
- I glamorize my past use.
- 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 lack structure in my days.
- I live with people who drink or use other drugs.
- I self-medicate (EX: sleeping pills) or think about seeing a doctor for mood-altering prescriptions.
- 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 am experiencing a great deal of self-pity.
- I am consciously lying to others.
- I am hanging around drinking or using friends or places with drugs and alcohol.
- I believe I could drink or drug again and control it this time.
- I don't believe I'll ever have fun sober.
- I never do anything to have fun.
- 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 haven't emptied my house of alcohol or drugs or am still seeing the doctor who prescribed me drugs.



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My warning signs include:

- I don't talk to my sponsor, and I'm not working the steps.
- 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 or angry.
- 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.

My Top 10 Warning Signs:

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: _____



Relapse Agreement

My Top 10 Warning Signs:

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: _____



Relapse Agreement

If you are concerned that my recovery is inconsistent or is in danger:

- Review the checklist above to identify the signs you are observing.
- Talk to my current therapists.
- Have my therapist talk with me.
- Have _____ talk to me.
- Help me create a plan for more recovery structure.
- With my therapist, create a plan for more recovery structure.
- With my 12-step sponsor, create a plan for more recovery structure.
- Other: _____

If you believe I'm in a relapse, using alcohol or other drugs:

- Consult with my current therapist or other addiction professional.
- Put together the following people as an intervention team: _____

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- Have the intervention team review my relapse agreement with me and help me implement it.
 - Contact my 12-step sponsor. Phone: __ (____) _____
 - Have _____ and _____ talk to me.
 - Determine the professional help I need to appropriately address relapse.
 - With my current therapist, create a plan for more recovery structure after treatment.
 - With my sponsor, create a plan for more recovery structure.

If I have a 1-2 day slip not requiring detox, I agree to:

- Get honest with you and the rest of my recovery support.
- Get honest with my 12-step sponsor.
- Be honest with the members of my home group.
- Pick up a white chip / 24 hour coin.
- Go to ninety meetings in ninety days.
- Talk with my sponsor daily.
- Use your feedback and this checklist to keep me on track.
- See a therapist, if I'm not currently.
- Other: _____

I will provide copies to:

- All current and future therapists.
- My sponsor(s).
- My family.
- Keep for myself.



Relapse Agreement

If I have a full-blown relapse, I agree to detox plus:

- Intensive outpatient or increased outpatient.
- Inpatient treatment (18-30 days).
- A professionally monitored sober house.
- I will follow all aftercare recommendations.
- I will also do everything listed under a “slip” above.
- I won't endanger the safety of our home by delaying detox or treatment—(Ideal with children).
- Other: _____

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- Get honest with my 12-step sponsor.
- Be honest with the members of my home group.
- Pick up a white chip / 24 hour coin.
- Go to ninety meetings in ninety days.
- Talk with my sponsor daily.
- Use your feedback and this checklist to keep me on track.
- See a therapist, if I'm not currently.
- Other: _____

Signed: _____ **Date:** _____

As your family member, I commit to:

- ___ family support meetings per week.
- Getting my own sponsor.
- ___ personal therapy sessions per month.
- Actively participating in family therapy.
- Not mentioning past substance use or fears of future substance use outside of regular therapy sessions - (Ideal for spouses).
- Thanking you for your recovery efforts regularly.
- Considering my spouse's feelings and needs.
- Ensuring I am taking care of myself and my own needs.

Signed: _____ **Date:** _____