

Relapse Traps Inventory

Name _____

Today's date _____

Do you agree with the following statements?	NO! 0	Maybe 1	Yes 2	YES! 3
1. I don't like taking advice from others about personal matters.				
2. I see myself as a very strong-willed individual.				
3. I don't believe I was ever actually 'addicted'.				
4. I think it's possible to drink or use again safely at some future point.				
5. It is hard for me to see how having 'just one' could hurt, provided you stop there.				
6. I think most alcoholics and addicts 'cheat' occasionally. They just don't get caught.				
7. Stress was a big factor in my drinking/drug use.				
8. I am often under stress and sometimes overwhelmed.				
9. I've learned from this experience and am ready to put it behind me and move on with my life.				
10. I have many things to worry about besides drinking or drugging again.				
11. I have health issues that I will have to cope with.				
12. I'm concerned about how I will deal with physical pain in future.				
13. I have emotional issues that I worry about coping with.				
14. I'm not sure how to handle depression or anxiety in future.				
15. I'm concerned about not being able to get proper sleep.				
16. I'm worried about whether I will be able to feel good without alcohol or drugs.				
17. I've wondered if there was something else I could use when I feel anxious or depressed.				
18. I'm not confident in my ability to cope with problems without something to relax me.				
19. I feel that my loved ones haven't forgiven me for the past.				
20. Our family still has many difficult issues to work through.				

Relapse Traps Inventory

Key:

Note items checked Yes or YES! as areas to focus on.

1-2: Following directions. Some of us are more willing to seek out and accept direction from others, while some of us feel like we're being pushed or even bullied. Since early recovery is very much about following certain directions, it's an area to pay attention to.

3-4: Self diagnosis. Many newly recovering people have doubts or misgivings about whether they were addicted. Resolving those doubts through examination is a key to improvement motivation for recovery.

5-6: Experiments with control. Even those who have accepted the reality of addiction often struggle with the temptation to have 'just one'. But that starts the relapse cycle.

7-8: Stress. We all experience stress but some of us have more problems dealing with it. If you're prone to accumulating stress, you can develop skills and strategies to avoid becoming overwhelmed.

9-10: Complacency. There's a natural tendency to want to move on and put the past behind us. But recovery is about remembering your experience and learning valuable lessons from it.

11-12: Other health problems. Some of us deal with disorders such as diabetes, hypertension, chronic pain, etc. Proper management of such conditions can greatly improve the quality of life in recovery.

13-14: Emotional and behavioral problems. Many of us have co-occurring mental health issues that must be addressed -- depression, anxiety, PTSD, etc. Proper treatment and management can make a world of difference.

15-16: Normal recovery symptoms. As brain and body undergo a 'rebalancing' process, craving is common, and functions such as sleep, sex, etc., may be affected. Better to learn how to manage such difficulties if and when they arise.

17-18: Substitution of other drugs. It's tempting to look around for yet another chemical solution to replace the one you've given up.

19-20: Family issues. Families are often seriously affected by the experience of a loved one's addiction. Lingering family conflicts and issues can have a major impact on your recovery. Best to address them as part of treatment rather than hoping they'll resolve themselves.