

Relapse Scenario Review

A setback is information... not a final verdict on your journey

What matters most after a temporary stumble is not the setback itself, but what you choose to do next. Analyzing and understanding the specific scenario that led to this moment is the crucial first step in turning a detour into a powerful learning experience that strengthens your preventative system.

- 1 Choose the closest scenario:** Setbacks happen in different contexts. Pinpointing yours helps target the specific vulnerability that needs restructuring.
- 2 Be objective and gentle with yourself:** This worksheet acts as a supportive mirror. It is designed to foster constructive understanding, not self-indictment or passing judgment.
- 3 Fill this out when emotionally balanced:** It is highly recommended to complete this review at least two days after the stumble, allowing immediate emotional pressure to pass so you can think clearly.
- 4 Keep your previous records:** Tracking your stumbles over time provides a comprehensive map of your triggers, enabling you to build highly personalized safeguards.

Recommendations for the printed version:

- Use a distinct colored pen for each session to visually differentiate your entries and track progress across periods.
- Do not erase or cross out stumbles; facing and documenting your history with courage is where true transformation begins.
- Clearly write down the date of the review to maintain a reliable and organized growth timeline.
- Share your insights with a trusted mentor or recovery partner to reinforce your accountability and system of support.

Every stumble has a unique background and exposes a specific system vulnerability. Identify the scenario that most closely resembles your experience:



Scenario 1: Setback After a Stressful, Exhausting Day

Emotional stress, physical fatigue, or mental overload gradually accumulated during the day, weakening your active defenses when you needed them most.



Scenario 2: Giving In to a Familiar Trigger Without Preparation

Encountering a known geographical, social, or emotional trigger (a specific location, being alone on a device, late hours) without actively deploying your plan.



Scenario 3: Gradual Drift and Disengagement From Healthy Routines

Slowly stopping daily practices (such as journaling, walks, or mindfulness) over several weeks, allowing old, automatic patterns to slowly reclaim space.

What exactly happened? Write the details honestly and objectively:

Outline the sequence of events and emotions leading up to the stumble (Where were you? What was your mood? What thoughts surfaced?):

Now, transform your analysis into a concrete, supportive action plan. Remember: the most powerful question is never "Why did I stumble?" but rather "What does this stumble teach me about my system?":

- **1. What is the most important lesson you learned from this experience?**

- **2. What warning signs did you ignore before the relapse?**

- **3. What will you do differently next time? (System or environment adjustment)**

- **4. What is the first practical step you'll take today to return to your recovery path?**

i A learning station, not the end

A temporary stumble does not erase your accumulated progress or dismantle past days of balance. It simply signals a hidden obstacle that requires a system update. Treating this data rationally protects your brain from overreacting and sliding into complete regression.

"Recovery is not measured by never falling... but by how quickly you return to the path with new awareness."

Every single setback that you boldly analyze and dismantle instead of burying or ignoring becomes fuel for your growth. You are actively training your mind to replace automatic self-indictment with conscious, proactive system safeguarding.

Progress is quietly forged in these deliberate moments of choice.

Do not demand absolute perfection from yourself — focus your dedication on consistency.

Access more assessment and cognitive restructuring tools:

tamkinly.com/recovery

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Return to who you already are