



3D RELAPSE ANALYSIS

3D Recovery ® Resource 4.5

Name: _____ Date: _____

Instructions: If you have had a lapse in your recovery, it may be helpful to reflect on any circumstances that may have triggered the relapse and to identify maladaptive feelings, thoughts, and actions that may have contributed to your setback.

Triggers: What situations or events preceded your relapse and may have put you at risk?

Feelings: Were there any uncomfortable or maladaptive emotions associated with this relapse?

Thoughts: What dysfunctional or inaccurate thoughts may have contributed to this setback?

Actions: Were you engaging in any behaviors that put you at risk for a lapse in recovery?

Getting Back on Track

Based on these reflections, please identify thoughts (e.g., “I want to stop this before it gets worse”), feelings (e.g., caution), or actions (e.g., reaching out for social support) that will help you restore your recovery plan. Circle the first action you plan to take and put a check by each action you take to get back on track.

Thoughts:

Feelings:

Actions: