

Daily Inventory Worksheet

(Use the daily inventory to review your relapse prevention plan and look at relapse warning signs you experienced during the day, and how you handled them)

1. What high-risk situations did you have today?



2. How did you handle them?

3. What warning signs did you have for today?

4. How did you handle them?

5. I need to talk to _____ to help me deal with these.

6. What did I learn about myself today?

7. What do I need to do differently tomorrow to make things better?