

## ***37 Relapse Warning Signs***

- 1. *Apprehension About Well-Being*** – lack of confidence to remain sober
- 2. *Denial*** – lying to themselves to cope with day to day problems
- 3. *Adamant Commitment to Sobriety*** – convince themselves that they will never drink again
- 4. *Compulsive Attempts To Impose Sobriety on Others*** – focusing on what others do
- 5. *Defensiveness*** – defends themselves when talking about problems
- 6. *Compulsive Behavior*** – behavior becomes rigid and repetitive)
- 7. *Impulsive Behavior*** – overreactions to episodes of stress
- 8. *Tendencies Towards Loneliness*** – patterns of isolation and avoidance increase
- 9. *Tunnel Vision*** – Clients view their lives in isolated fragments
- 10. *Minor Depression*** – Symptoms of depression appear and persist
- 11. *Loss of Constructive Planning*** – life planning skills decrease
- 12. *Plans Begin to Fail*** – follow through no longer happens
- 13. *Idle Daydreaming And Wishful thinking*** – concentration begins to be replaced with fantasy
- 14. *Feeling That Nothing Can Be Solved*** – I can't do anything right
- 15. *Immature Wish To Be Happy*** – vague thought patterns of just wishing to be happy, no planning on the “How”

### ***37 Relapse Warning Signs (continued)***

- 16. *Periods Of Confusion*** – episodes of confusion increase
- 17. *Irritation With Friends*** – positive relationships become strained
- 18. *Easily Angered*** - angry overreaction becomes more frequent
- 19. *Irregular Eating Habits*** – client begins overeating or under eating
- 20. *Listlessness*** – inability to initiate actions
- 21. *Irregular Sleeping Habits*** – lack of sleep or over sleeping
- 22. *Progressive Loss Of Daily Structure*** – daily routines become haphazard
- 23. *Periods of Deep Depression*** – symptoms become more severe and frequent
- 24. *Irregular Attendance At Treatment Meetings*** – missed appointments or no attendance
- 25. *Development of An “I Don’t Care” Attitude- feelings of helplessness***
- 26. *Open Rejection Of Help*** – clients cut themselves off from help sources
- 27. *Dissatisfaction With Life*** – things are bad I might as well use again
- 28. *Feelings Of Powerlessness And Helplessness*** – distorted judgement and impairment
- 29. *Self-Pity*** – Poor Little Old Me
- 30. *Thoughts Of Social Drinking*** – client feels that they could control some use
- 31. *Conscious Lying*** – begin lying to themselves in hopes of believing everything is O.K.

## ***37 Relapse Warning Signs (continued)***

- 32. *Complete Loss Of Self-Confidence*** – overwhelmed by inability to think clearly
- 33. *Unreasonable Resentments***-unreasonable anger at the world and self
- 34. *Discontinuing All Treatment*** – attendance at meetings stops completely
- 35. *Overwhelming Loneliness, Frustration, Anger And Tension*** – feelings of total overwhelm
- 36. *Start of Controlled Drinking***- beginning of use somewhat controlled by time or amount
- 37. *Loss of Control*** – a return to drug and alcohol use and abandoning reasoning

**CAUTION**

