

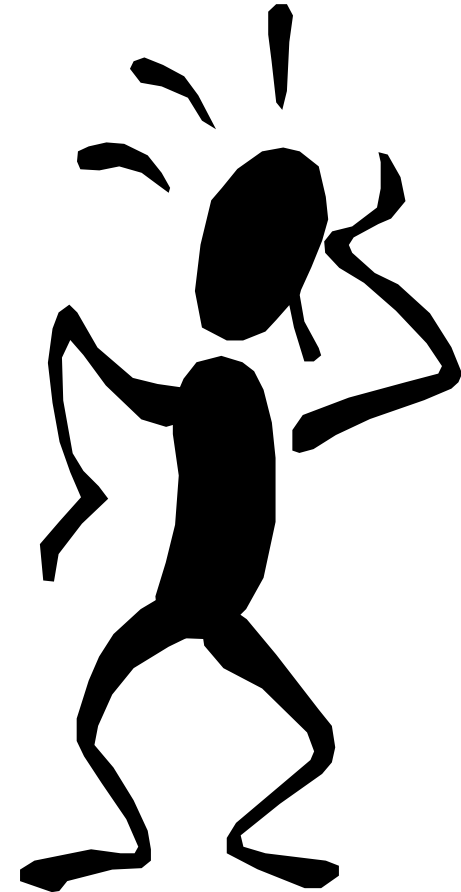
37 Relapse Warning Signs

- 1. Apprehension About Well-Being*
- 2. Denial*
- 3. Adamant Commitment to Sobriety*
- 4. Compulsive Attempts To Impose Sobriety on Others*
- 5. Defensiveness*
- 6. Compulsive Behavior*
- 7. Impulsive Behavior*
- 8. Tendencies Towards Loneliness*
- 9. Tunnel Vision*
- 10. Minor Depression*



37 Relapse Warning Signs (continued)

- 11. Loss of Constructive Planning*
- 12. Plans Begin to Fail*
- 13. Idle Daydreaming And Wishful thinking*
- 14. Feeling That Nothing Can Be Solved*
- 15. Immature Wish To Be Happy*
- 16. Periods Of Confusion*
- 17. Irritation With Friends*
- 18. Easily Angered*
- 19. Irregular Eating Habits*
- 20. Listlessness*



37 Relapse Warning Signs (continued)

- 21. Irregular Sleeping Habits*
- 22. Progressive Loss Of Daily Structure*
- 23. Periods of Deep Depression*
- 24. Irregular Attendance At Treatment Meetings*
- 25. Development of An “I Don’t Care” Attitude*
- 26. Open Rejection Of Help*
- 27. Dissatisfaction With Life*
- 28. Feelings Of Powerlessness And Helplessness*
- 29. Self-Pity*
- 30. Thoughts Of Social Drinking*

37 Relapse Warning Signs (continued)

31. Conscious Lying

32. Complete Loss Of Self-Confidence

33. Unreasonable Resentments

34. Discontinuing All Treatment

35. Overwhelming Loneliness, Frustration, Anger, Tension

36. Start of Controlled Drinking

37. Loss of Control

