

CONNECT AND REFOCUS: A RELAPSE WORKSHEET

The process of healing requires an ongoing commitment to physical and emotional safety in order to occur. For this reason, when safety becomes an issue in therapy it is critical for enough safety to be established or re-established as soon as possible so that your therapeutic work may continue. You are being given this worksheet because safety has become an issue for you recently. In order to proceed with your therapy it is important that you spend some time looking at what happened to jeopardize your safety. This worksheet is designed to help you do that by examining the course of events that lead you to relapse or revert into old, less effective behaviors and ways of thinking. It then provides a structure in which you can transform these less effective coping skills into newer, more helpful ways of behaving and thinking. *Please spend some time putting some serious thought into these questions and be prepared to discuss your answers with your therapist at your next meeting.*

Event or Situation: _____

What factors led you to this behavior or way of thinking? _____

What is your understanding of the reasons for doing this writing exercise? _____

Is there any way that confusing the present with the past led to this relapse? Elaborate. _____

By exhibiting this behavior, what is it that you were really trying to say? _____

