

**Relapse Prevention  
Warning Sign Management Worksheet (Completed)**

<b>Warning Sign:</b> Not attending support group
<b>Irrational Thoughts:</b> “I’m too tired to go.” “I don’t fit in.” “It won’t help anyway.”
<b>Underlying Belief:</b> “I’m not likeable.” “I’m different”
<b>Unmanageable Feelings:</b> “Feeling down” “Feeling like a misfit.” “Feeling angry” (about not being able to use drugs to feel better)
<b>Self-Defeating Behaviors:</b> Stay home and watch TV. Eat sweets to feel better
<b>Management Strategies:</b>
<b>Replacement Thought(s):</b> “I feel tired now, but after I get there I will feel better.” “Using drugs always makes things worse in the long run.”
<b>New Belief:</b> “I used to believe that I was not loveable, but now I realize that people will like me if I let them.”
<b>Replacement Behavior:</b> “Call someone in my group to will encourage me to attend.” “Go to the group even if I do not feel like sharing.” “Ask someone to be my sponsor.” “Don’t keep sweets in my apartment.”
<b>People Who Can Help:</b> Mary B 202 555-5555, Dr. Smith, Jane Counselor

## Relapse Prevention Warning Sign Management Worksheet

<b>Warning Sign:</b>
<b>Irrational Thoughts:</b>
<b>Underlying Belief</b>
<b>Unmanageable Feelings</b>
<b>Self-Defeating Behaviors</b>
<b>Management Strategies:</b>
<b>Replacement Thought(s):</b>
<b>New Belief:</b>
<b>Replacement Behavior:</b>
<b>People Who Can Help:</b>