

RESPONDING TO SETBACKS IN RECOVERY



RESPECT • REFLECT • REBUILD • RECOVER

Setbacks, lapses, and relapses can provide opportunities to better understand what supports and challenges your recovery. Reflecting on what happened can help you identify what you learned, recognize potential vulnerabilities, and develop strategies to support your recovery moving forward.

What happened? What factors contributed to this setback, lapse, or relapse?

What did I learn from this experience?

Looking back, what might I have done differently that could have changed the outcome?

Moving forward, what will I do differently?

What situations, circumstances, thoughts, feelings, or experiences could make me more vulnerable to a future setback?

What can I do to prepare for or respond to these situations differently?

What is one step I can take today to support my recovery?

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. – Arnold Schwarzenegger