The Promise Map

DATE _____

Do this when you're calm, not in the middle of a craving.

What I reach for	What it promises me (it makes me feel...)	What was actually missing (body first, then the rest)	My barrier	Where else I can get that (proud of it? sustainable?)

The Relapse Autopsy

DATE

Use this within 24 hours of a slip.

Step 1: Back up to the beginning. When did I first notice I was slipping? (Not when I acted. When it started.)

That day or week, my body	What was going on
Sleep	
Food, sugar, caffeine, alcohol	
Movement	
Phone and screens	
Time alone, or with people who drain me	
Stress, conflict, or something I didn't say	

Right before I acted, I was feeling:

I was at:

With:

The Relapse Autopsy

DATE

Step 2: The trade. What was it promising me?

What did it cost me afterward?

If I could rewind, what could I have done instead?

Step 3: The weak spot. Something in my system didn't hold. (Check any.)

- ☐ I ignored early warning signs
- ☐ I isolated instead of reaching out
- ☐ My body was running on empty
- ☐ A need went unmet and I didn't say so
- ☐ I relied on willpower
- ☐ My environment made it easy
- ☐ I was hiding it

Step 4: My bounce-back plan.

Three early warning signs I'm drifting:

One thing I'll do the moment I spot them:

One person I'll reach out to:

One barrier I'll add:

One need I'll get met for real:

When It's More Than a Book If you've drawn the line and keep crossing it, or you're hiding how much or how often, bring in more support: a 12-step group, SMART Recovery, or a therapist who treats addiction. Getting curious about a craving is not a substitute for treatment. SAMHSA's National Helpline, 1-800-662-4357, can find treatment near you at any hour.