

Freedom From Chronic Relapse

Freedom from Chronic Relapse Recovery Reflections Session 5

Navigating the Forest: Understanding Chronic Relapse

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

1. Are you caught up in chronic relapse?
2. Why do you think you've been relapsing?
3. What will happen if you continue?
4. Is the path ahead becoming more tangled and unclear?
5. Do you have a clear understanding of the sobriety definition?
6. Was your main reason for joining SA to "control and enjoy lust" or to stop completely?
7. What patterns have you noticed in your own relapse cycle?
8. Have you identified any specific triggers that lead to relapse? What are they?
9. What changes could you make to strengthen your commitment to sobriety?
10. Reflect on a time when you successfully avoided a relapse. How do you think your Higher Power was involved with that?
11. You NEVER need to act out again. Ever.
12. Sobriety... Long-term sobriety... starts today.



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