NEW DAY RECOVERY

Session 28 Handout

Relapse Warning Signs

Check any sign you have seen in yourself in the last two weeks. This is not a test you pass or fail — it is a weather report. One checked box is information. Several checked boxes mean: tell your coach or accountability partner today, while telling is still cheap. A warrior learns the terrain and watches for the first move — catching a sign early, while it is still small, is how you stay in this fight.

Name: _____ **Date:** _____

- ☐ My sleep has fallen apart — up all night, or sleeping through the day.
- ☐ I am skipping meals, meetings, group, or support community — and calling it "focusing on other things."
- ☐ I keep saying "I'm fine" or "I've got this" when I am not fine.
- ☐ I am shutting down — going numb, not feeling much of anything.
- ☐ I am avoiding people who ask honest questions, and getting sharp when they ask.
- ☐ Problems are stacking up — money, conflict, legal, family — and I am not taking them to anyone.
- ☐ I feel stuck and unable to move, even on small things.
- ☐ My thinking is confused or racing, and I cannot settle on the next right thing.
- ☐ I feel low, hopeless, or like nothing I do matters.
- ☐ I am keeping secrets — about money, people, places, or how I am really doing.
- ☐ I am spending time near old people, places, or routes "just to see."
- ☐ I have started planning how using could work, even if I tell myself I won't.

What I do when I see one

The first person I will tell — name & phone:

The stop move I will use today (from my Warning-Sign Chain, Sessions 28 & 30 handout):

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.