



RELAPSE AUTOPSY WORKSHEETS

Icarus Wellness and Recovery - Boise, Idaho

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RELAPSE AUTOPSY GUIDE

Icarus Wellness and Recovery

This workbook is intended for educational and self-reflection purposes only and is not a substitute for medical advice, diagnosis, mental health care, or substance use treatment. Completion of this workbook does not establish a therapeutic relationship or guarantee recovery outcomes. Individuals experiencing substance use concerns, mental health distress, relapse risk, or crises should seek evaluation and treatment from a qualified healthcare or behavioral health professional. For consultation, treatment options, or support, contact Icarus Wellness and Recovery in Boise, Idaho, at (208) 907-8881.

If you are experiencing suicidal thoughts, emotional crisis, or believe you may harm yourself or others, call or text 988

immediately to reach the 988 Suicide & Crisis Lifeline or call 911 to seek emergency medical assistance.



RELAPSE AUTOPSY GUIDE

What happened? Gain insights by reflecting on the details of the relapse.

RELAPSE DETAILS:

Date/time:

Substance used:

Where was I?

Who was I with?

What happened before I used?

WARNING SIGNS (CHECK ALL THAT APPLY):

- | | |
|--|--|
| <input type="checkbox"/> Stress | <input type="checkbox"/> Poor sleep |
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Conflict |
| <input type="checkbox"/> Cravings | <input type="checkbox"/> Skipped support group |
| <input type="checkbox"/> Anger/frustration | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Visited old environment |

EXPLAIN: WHAT DID I TELL MYSELF BEFORE I USED?



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Time to reset: Hitting the reboot button on recovery.

WRITE: WHAT HELPED ME STOP OR ASK FOR HELP?

.....

.....

.....

MY NEXT 24-HOUR ACTION PLAN:

Safe person to contact for support:

Local meeting/appointment time/place:

Trigger to avoid:

One healthy action today:

LIST 3 SAFE PEOPLE TO CALL OR TEXT FOR HELP:

1:

2:

3:



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What's next? Self-care for moving past the mistake.

WHAT COPING TOOLS DO I HAVE TODAY? (CHECK ALL THAT APPLY):

- | | |
|---|---|
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Attending a meeting |
| <input type="checkbox"/> Walking/movement | <input type="checkbox"/> Listening to music |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Phoning a safe friend |
| <input type="checkbox"/> Self-affirmations | <input type="checkbox"/> Reading or audiobooks |
| <input type="checkbox"/> Praying/meditating | <input type="checkbox"/> Coloring pages or puzzle games |

5 SELF-AFFIRMATIONS TO SHOW SELF-KINDNESS:

Look at yourself in the mirror, and repeat each phrase 3 times:

- I am still worthy of recovery and support.
- I am learning, growing, and moving forward.
- I am more than this moment or mistake.
- I am capable of asking for help and accepting support.
- I am deserving of patience, compassion, and a fresh start.

WRITE: WHAT DID THIS EXPERIENCE TEACH ME?



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Getting help: Numbers to keep handy.

QUICK RESOURCE LIST:

- 988 Suicide & Crisis Lifeline: Call/text 988
- Emergency danger: Call 911
- SAMHSA Helpline: 1-800-662-HELP (4357)
- Crisis Text Line: Text HOME to 741741
- Poison Control: 1-800-222-1222
- NA Meetings: na.org
- AA Meetings: aa.org
- SMART Recovery: smartrecovery.org
- Veterans Crisis Line: 988, press 1 or text 838255
- The Trevor Project LGBTQ+ support: 1-866-488-7386
- Icarus Wellness & Recovery: 208-907-8881

