



CONNECT AND REFOCUS: A RELAPSE WORKSHEET

The process of healing requires an ongoing commitment to physical and emotional safety in order to occur. For this reason, when safety becomes an issue in therapy it is critical for enough safety to be established or re-established as soon as possible so that your therapeutic work may continue. You are being given this worksheet because safety has become an issue for you recently. In order to proceed with your therapy it is important that you spend some time looking at what happened to jeopardize your safety.

This worksheet is designed to help you do that by examining the course of events that lead you to relapse or revert into old, less effective behaviors and ways of thinking. It then provides a structure in which you can transform these less effective coping skills into newer, more helpful ways of behaving and thinking.

Please spend some time putting some serious thought into these questions and be prepared to discuss your answers with your therapist at your next meeting.

Event or Situation: _____

1. What factors led you to this behavior or way of thinking?
2. What is your understanding of the reasons for doing this writing exercise?
3. Is there any way that confusing the present with the past led to this relapse? Elaborate.
4. By exhibiting this behavior, what is it that you were really trying to say?



5. How can you say what you need to say in a safer or more productive way? In other words:
 - A. How might talking be helpful?
 - B. How might journaling be helpful?
 - C. How might art be helpful?
 - D. How might movement and the use of physical space be helpful?
 - E. How might you use recreational activities to help?
 - F. How might you use your friends, family, and support system differently?
 - G. How might you use Coping and Containment Skills differently? (Such as Safe Place; Self-Talk; Square Breathing, Progressive Relaxation; I Am Aware; Counting Down, etc.)
 - H. How might you use your therapist differently?
 - I. What things can you think of to do to keep from doing the same behavior in the future?
6. What have you learned about yourself from this experience?
7. If this type of behavior resulted in completing a Connect and Refocus Worksheet before, what is different for you in this worksheet and process?

Your signature below indicates your confidence and commitment to using the insight and alternative means listed above to prevent the recurrence of this behavior:

Client Name: _____

Client Signature: _____ Date: _____

Therapist/Witness: _____ Date: _____

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