

Relapse Triggers Worksheet

Identify your relapse triggers by filling out the worksheet below. Then choose one area to work on and, in that area, focus on one or two specific changes you can make in the near future. For example, if overactivity is your worst trigger, focus on pacing by determining how many hours a day you can be active and then creating a daily schedule.

	Rating 0 - 10
Overactivity	
Poor sleep	
Stress (in general)	
Travel and other special events	
Sensory overload (light, noise, crowds, etc.)	
Other illnesses	
Stressful relationships (particular people)	

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