



Freedom from Chronic Relapse Recovery Reflections Session 1

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.**

