

## 3-RING RELAPSE FRAMEWORK

Use this diagram to define your relapse, identify the cues/triggers that lead to it, and outline healthy behaviors that help you move forward.

<b>Inner Circle (Relapse)</b>	<b>Define your relapse behaviors clearly</b>
<b>Middle Circle (Cues/Triggers)</b>	List the situations, emotions, or patterns that often lead to relapse.
<b>Outer Circle (Healthy Behaviors)</b>	Write down life-giving alternatives and healthy practices.

