

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.

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

