

Relapse Autopsy Questions

I suggest doing a relapse autopsy for your most recent slip(s).

It's a simple exercise where we walk through our day or week prior to the slip and identify:

- What was I triggered by?
- What was stressful or unmanageable in my day/week?
- What decisions did I make that lead me to be in middle circle?
- What did I do to reach out for help? What did I fail to do?
- How was my spiritual fitness, Step work, and daily routine going?
- How did I feel after the slip? Do I feel Pitiful and Incomprehensible Demoralization?
- What are the consequences to the slip (especially in self harm)?
- What am I doing to take care of myself?
- What does my service for others look like lately?

Additional Step Work Questions:

- Is my Step 3 decision still in place?
- Do I think I have the power of choice?
- What are the 3 stages of acting out?
- What are the 3 parts of the disease?
- What are the 3 essentials of recovery?
- Am I still willing to go to any extreme to recover?