



ENABLE EXERCISE #23

Relapse Prevention Trigger Exercise

Beginning new habits is hard. Sustaining new habits over time is even harder. Use this exercise to reflect on the “trigger” for relapsing on your new habit change effort. By analyzing the causes of your relapse, you can anticipate and cope with future triggers that might interfere with your successful behavior change effort.

1. What was the trigger?
2. How were you feeling just before you felt like not adhering to your new habit change effort?
3. What were you telling yourself just before you decided to relapse? (Look for additional, hidden thoughts.)
4. What did you do?
5. Which thoughts led to which feelings and behaviors?
6. What was the chain of thoughts, feelings, and actions?
7. What could you have told yourself?
8. What could you have done?
9. What emotions could you have pushed yourself to feel?
10. How do you feel now about what happened?
11. What is your plan to prevent another relapse in the future?