

Recovery Road Planner: Relapse Edition

For Step 6 of the Recovery Roadmap: Handling Relapse

A relapse doesn't erase your progress—it simply asks you to update the map. Use this planner to reflect, rebuild, and reinforce your recovery strategy after a setback. Be honest, be gentle, and most of all—keep moving.

Part 1: What Happened?

Let's gently examine the event without shame.

- Date and time of relapse: _____
- What gambling behavior occurred (e.g., online casino, sports betting)?

- Duration of relapse (single incident, multiple days, etc.):

- How did I feel before the relapse?

- What triggered me? (Circle or list all that apply) ☐ Stress ☐ Loneliness ☐ Boredom ☐ Urge to escape ☐ Financial pressure ☐ Emotional overwhelm ☐ Other:

Part 2: What Helped Me Notice?

Even in relapse, awareness is power.

- How soon did I realize I was relapsing?

- Did I reach out for help? If so, to whom?

- What part of my recovery plan broke down or was missing?

- What feelings do I have now—without judgment? ☐ Shame ☐ Anger ☐ Regret ☐ Clarity ☐ Motivation ☐ Hope

“Awareness doesn't prevent relapse—it transforms it.” — High Stakes Healing Reflection

Part 3: Recovery Re-Routing

Update your plan with what you've learned:

- I will remove or adjust the following triggers (apps, habits, people):

- I will add these new support tools: ☐ Therapy check-in ☐ Journaling habit ☐ Urge tracking worksheet ☐ Daily grounding ritual ☐ Peer support ☐ Meditation practice ☐ Other: _____
- My revised weekly support ritual: ☐ Sunday reflection ☐ Midweek check-in ☐ Friday recovery journal entry

Part 4: Gentle Repair Actions

Small acts of clarity restore momentum.

- One person I want to check in with:

- One small repair I can make (emotionally, financially, relationally):

- One affirmation I will repeat this week: “_____”

Part 5: Encouragement Note (To Self)

Write a kind message to yourself that honors effort, not perfection.

“You didn’t fail. You learned something important about what you need.” “The fact that you’re filling out this planner means you’re still choosing yourself.”

Your message: _____

Recommended Companion Tools

- Gambling Urge Tracker Worksheet
- CBT Thought Record
- Online-Therapy.com Recovery Toolkit