

	WHAT HAPPENED?	PAST TRAUMA
Describe a situation that resulted in relapse.		
How did you act out?		
What were the painful, unintended emotional consequences for you? (shame, guilt, isolation, self-judgment)		
What were the painful, unintended relational consequences for you? (family, friends, work)		
What needed to be true for you to act out?		
What could you have done differently?		