



This FREE RESOURCE is provided by The Lighthouse.  
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

## Relapse Inventory

Answer each question as follows:

“P” Past problem

“C” Current problem

“N” Never a problem

1. Are you angry that you can't return to “controlled” use again?
2. Are you resisting the idea of not using even occasionally?
3. Are you being superficially compliant with the program and paying “lip service” to the advice you are receiving?
4. Are you making promises and commitments and not following through with them?
5. Have you failed to sever ties with using friends, lovers, and acquaintances?
6. Are you holding onto phone numbers of your dealers because you might possibly want to contact them again in the future?
7. Are you holding onto the notion that your dealer is your friend?
8. Do you allow others to get high in your home?
9. Have you failed to discard all paraphernalia and using supplies?
10. Are you harboring a secret stash in your home, car, or office, or other place?
11. Do you feel that getting help means you are a loser?
12. Do you feel like a helpless victim of your addiction problem?
13. Are you immersed in self pity about your addiction?
14. Do you find yourself always asking yourself “why me”?
15. Are you looking to others for the answer to your addiction problem?
16. Are you blindly doing what you are told and nothing more?
17. Are you letting others take responsibility for your recovery?
18. Are you mechanically following the advice of others so that if it doesn't work out, you can blame your failure on them?
19. Are you telling others what they want to hear just to get them off your back?
20. Are you hoping that getting help will give you the strength to return to controlled use again?
21. Do you believe that you can put yourself in high risk situations without being tempted to get high?
22. Do you downplay the risks of being in contact with the people and things associated with your prior use?
23. Do you believe that you don't need the “crutch” of a mentor?
24. Do you believe that just one more won't hurt your recovery in any way?

- \_\_\_\_\_ 25. Do you consider yourself better than other addicts?
- \_\_\_\_\_ 26. Do you believe that some of the program rules simply just don't apply to your situation?
- \_\_\_\_\_ 27. Are you secretly planning to drop out of the program once the "law" is off your back?
- \_\_\_\_\_ 28. Do you "unavoidably" miss meetings because of schedule conflicts that could easily be removed?
- \_\_\_\_\_ 29. Do you consider meetings as for undignified and for losers?
- \_\_\_\_\_ 30. Do you think that you can beat the odds and avoid relapse without lifestyle change?
- \_\_\_\_\_ 31. Do you superficially accept advice, but later fail to follow through with it?
- \_\_\_\_\_ 32. Are you being manipulative and deceitful in order to avoid responsibility for your actions or the lack of them?
- \_\_\_\_\_ 33. Are you determined to have the perfect recovery?
- \_\_\_\_\_ 34. Are you hoping that sure willpower will be able to keep you abstinent and result in a positive recovery?
- \_\_\_\_\_ 35. Do you set impossible standards and expectations for yourself and others?
- \_\_\_\_\_ 36. Do you continue to romanticize and glorify previous using experience?
- \_\_\_\_\_ 37. Do you argue about insignificant things and insist on being right most of the time?
- \_\_\_\_\_ 38. Do you tend to magnify difficulties and consider every problem a disaster?
- \_\_\_\_\_ 39. Do you have trouble admitting your faults and weaknesses?
- \_\_\_\_\_ 40. Do you tend to blame others for your problems, especially those closest to you?
- \_\_\_\_\_ 41. Do you attempt to make others feel guilty and defensive when they try to hold you accountable for your behavior?
- \_\_\_\_\_ 42. Do you believe that recovery is just a matter of staying away from drugs and alcohol?
- \_\_\_\_\_ 43. Are you more focused on others recovery than your own?
- \_\_\_\_\_ 44. Are you generally negative, blaming, and chronically dissatisfied?
- \_\_\_\_\_ 45. Are you angry and disappointed now that you have stopped using, and life still isn't going "just fine"?
- \_\_\_\_\_ 46. Are you angry that the victims of your addiction are not granting you instant trust?
- \_\_\_\_\_ 47. Are you secretly intending to cut down the frequency of your use without stopping it completely?
- \_\_\_\_\_ 48. Do you believe that it is impossible to have a satisfying social life without drugs or alcohol?
- \_\_\_\_\_ 49. Do you feel like your recovery is a lonely endurance test?
- \_\_\_\_\_ 50. Are you allowing boredom, stress, and other hassles to build up?
- \_\_\_\_\_ 51. Are you engaging in other addictive behaviors?
- \_\_\_\_\_ 52. Do you remain silent in group; rationalizing that others problems are more serious than yours?
- \_\_\_\_\_ 53. Are you actively working to build a strong social support network of sober friends?
- \_\_\_\_\_ 54. Are you immersed in guilt about your past and thereby not focusing on your present?
- \_\_\_\_\_ 55. Are you resisting the necessity of change in your life?
- \_\_\_\_\_ 56. Do you frequently experience cravings?
- \_\_\_\_\_ 57. When cravings come do you feel that your recovery is failing?
- \_\_\_\_\_ 58. Do you fantasize about returning to use in the future?
- \_\_\_\_\_ 59. Do you tend to be alone a lot?
- \_\_\_\_\_ 60. Do you feel resentful about not drinking at social events or restaurants?
- \_\_\_\_\_ 61. Have you developed a specific action plan for dealing with your cravings?
- \_\_\_\_\_ 62. Are you reluctant to reach out for help for fear that others will see you as weak?
- \_\_\_\_\_ 63. If you relapsed would you leave this program for fear of embarrassment?
- \_\_\_\_\_ 64. Do you quietly resent being called an addict?
- \_\_\_\_\_ 65. Do you blame your use on a bad marriage, job stress, or other major problem in your life?
- \_\_\_\_\_ 66. Are you afraid to stay clean for fear that you might find out more about yourself?
- \_\_\_\_\_ 67. Do you think that your problems would be solved if you could get everyone else off your back?
- \_\_\_\_\_ 68. Do you get joy out of proving others wrong?
- \_\_\_\_\_ 69. Are you more focused on differences than on similarities with other recovering addicts?
- \_\_\_\_\_ 70. Are you resentful and angry about the money that you have had to spend on your recovery?
- \_\_\_\_\_ 71. Are you resentful and angry about the time you have had to spend on your recovery?

- \_\_\_\_\_ 72. Do you think that your program is just a money scheme and that the leaders really does not care for you?
- \_\_\_\_\_ 73. Do you secretly mistrust your mentor?
- \_\_\_\_\_ 74. Are you upset when others do not give priority to your needs and problems?
- \_\_\_\_\_ 75. Do you resent others who seem to be further along in recovery than you?
- \_\_\_\_\_ 76. Do you get frustrated if you can not have a concrete solution to your problems?
- \_\_\_\_\_ 77. Do you believe that having an addiction means that you have no control over your use?
- \_\_\_\_\_ 78. Do you feel doomed to fail?
- \_\_\_\_\_ 79. Are you “all talk and no action”?
- \_\_\_\_\_ 80. Do you spend too much time dwelling on the faults of others?
- \_\_\_\_\_ 81. Are you too defensive to take an honest inventory of your own mistakes?
- \_\_\_\_\_ 82. Are you negative and pessimistic about changing your life?
- \_\_\_\_\_ 83. Are you angry that some of your problems have gotten worse since you have stopped using?
- \_\_\_\_\_ 84. Do you believe that most of life’s problems are behind you?
- \_\_\_\_\_ 85. Do you feel that your recovery will be an intolerable experience?
- \_\_\_\_\_ 86. Do you have rapid mood swings?
- \_\_\_\_\_ 87. Do you tend to overreact to stressful situations?
- \_\_\_\_\_ 88. Are you chronically bored?
- \_\_\_\_\_ 89. Are you chronically short tempered?
- \_\_\_\_\_ 90. Do you tend to want to use when things are going good?
- \_\_\_\_\_ 91. Do you watch for warning signs of relapse?
- \_\_\_\_\_ 92. Do you feel that God has abandoned you?
- \_\_\_\_\_ 93. Do you not need the crutch of believing in God?
- \_\_\_\_\_ 94. Do you feel that your life doesn’t have purpose?
- \_\_\_\_\_ 95. Do you think that you can manage your own life just fine?
- \_\_\_\_\_ 96. Are you numb to your feelings, and like it that way?
- \_\_\_\_\_ 97. Are you afraid to get your family involved in your recovery?
- \_\_\_\_\_ 98. Do you find that your boundaries are very vague?
- \_\_\_\_\_ 99. Is it difficult for you to say no?
- \_\_\_\_\_ 100. Do you find yourself bargaining with God?

Share your answers with your support network or your mentor.