Lapse / Addiction Relapse Consequences Agreement

Below, you will find a blank form for the Lapse, Addiction Relapse Consequences Agreement which is discussed in detail in chapter eight:

The behavior to be avoided: __________________________________________________________

________________________________________________________________________

________________________________________________________________________

First lapse consequences: _________________________________________________________

________________________________________________________________________

________________________________________________________________________

Second lapse consequences: _______________________________________________________

________________________________________________________________________

________________________________________________________________________

Third lapse consequences: _________________________________________________________

________________________________________________________________________

________________________________________________________________________

Signed by: _________________________________________________________________

This is a very powerful tool to prevent lapse, addiction relapse. Make sure that you fill it out early on in the addiction treatment process, before a relapse occurs. It can be very effective, especially if both the addict and family member work with a counselor/sponsor to fill it out and come to a mutual agreement on the specific consequences at each level of re-use.