

Relapse Learning Chart - Sample



Weekly Time Frame

Day	Event	Reaction	Lapse or Relapse	Action Plan
Mon.	Lunch with friends	Desires build	Borrow cigarettes and smoke half	Don't lunch with these people for 90 days
Tues.	Mother calls (lecturing mode)	Anger	Buy pack and smoke two	I'll call you Don't call me for 90 days
Wed.	Go for drinks after fitness class	Lose inhibitions	Borrow puffs off friends cigarettes outside	Do not drink in bars or clubs for 90 days
Thurs.	Boss yells at me	Fear of job loss	Buys pack - smoke 6	Meet with boss and colleagues and ask for support for 30 days
Fri.	Pretend to be sick and stay home	Become very bored and stay home	Over eat and then borrow a cigarette from neighbour	Meditate or walk when bored. Stay active or stay still
Sat.	Smoking friends ignore me	Isolate all day	Over-eat and feel guilty	Make my own plans
Sun.	Stay in bed until 2 pm	Feel depressed	Smoke secret cigarette	Get up get active