

## Lapse

Understanding the (brief) return to addictive behaviour

The Physical Signs	The Mental Signs

How long were you able to hold out before succumbing to the urge?	
What was the reason for succumbing and lapsing?	
If you attempted to stop the urge, what do you need to do differently next time?	
If you simply gave in a did the addiction, what was the reason for this?	
How were event leading to the lapse different?	