



RELAPSE REVIEW JOURNAL

A slip isn't the end. It's data. Use this to understand what happened, cut the shame spiral, and get back on track faster than last time.

WHAT ACTUALLY HAPPENED

No judgment. Just facts. You can't fix what you won't name.

DATE:

TIME:

What happened:

Where I was and what I was doing:

How I was feeling beforehand:

WHAT TRIGGERED IT

Triggers repeat until you name them. Be specific.

The real trigger (not the excuse):

What I told myself in the moment:

What I could have done instead:

GETTING BACK ON TRACK

Progress isn't linear. What matters is the next right action.

What I'm doing in the next 30 minutes:

What this taught me about my patterns:

Growth lives on the other side of action.