

Contributing Factors Worksheet

*Do **not** share this with someone hurt by your actions - use this worksheet to figure out why you relapsed into escape behaviors and/or trauma responses and then complete an Amends Worksheet if you are sharing this information to make amends and rebuild trust.*

How did you relapse (be as specific as possible)?

What do you need for support right now? Who can you reach out to?

What was going on in your life right before you crossed your bottom line (emotions, indicators, triggers)?

To avoid behaviors/responses that aren't congruent with who we want to be, aren't safe for us or others, or aren't effective at meeting our needs or creating long-term safety, we create "fences" that stop us from falling back into those patterns.

Those behaviors/responses happen because we have a gap in our fence, meaning there's something missing in our plan to avoid those reactions. Where is the gap in your fence?

How can you fill that gap in?

Who did this hurt and how did it hurt them (include yourself)?

Fill out an amends worksheet to repair your connection to yourself and heal the pain this behavior caused you. If you hurt someone other than you and need to make amends, fill out an additional amends worksheet to take that step.