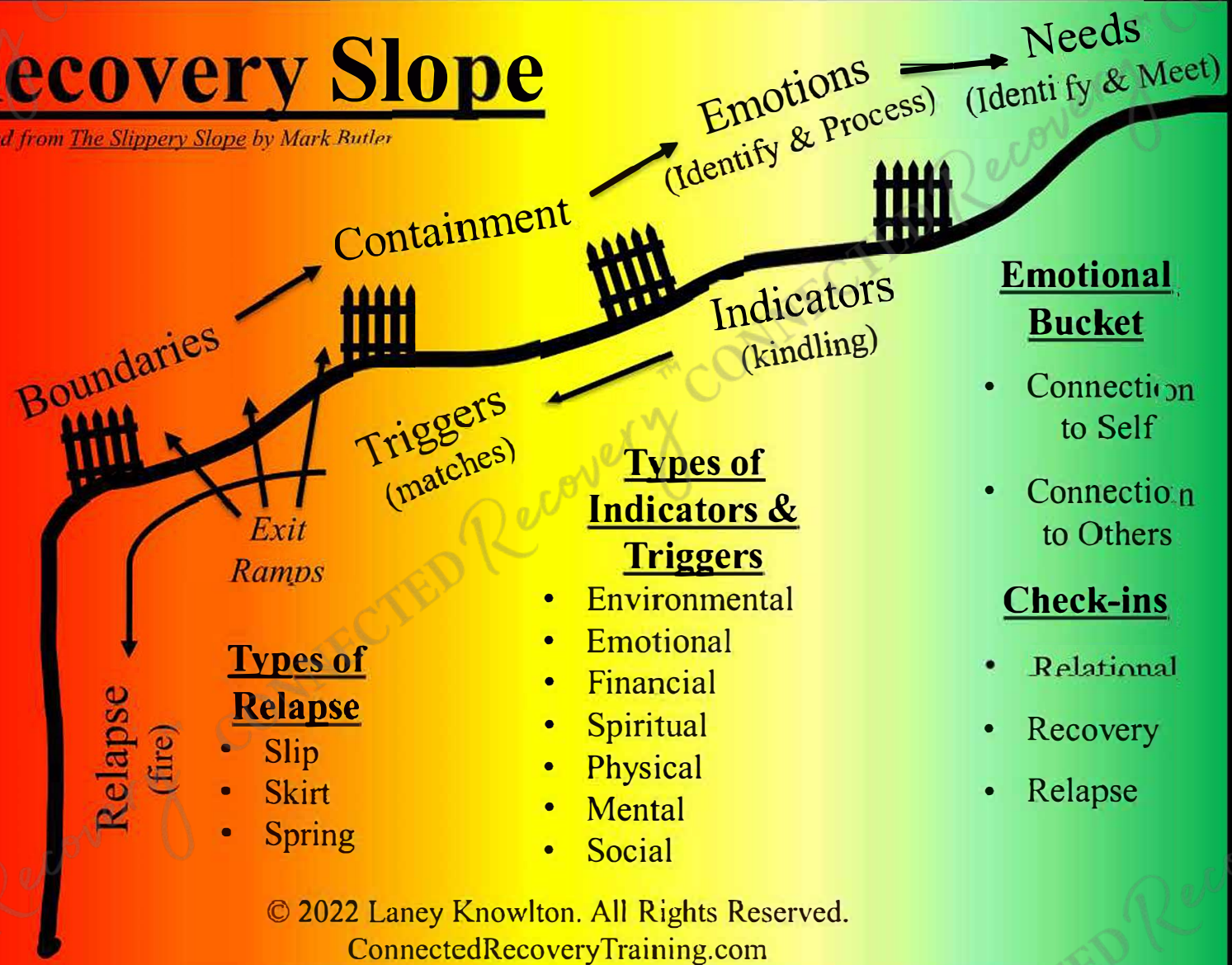


Recovery Slope

Adapted from *The Slippery Slope* by Mark Butler



Boundaries

Containment

Emotions
(Identify & Process)

Needs
(Identify & Meet)

Triggers
(matches)

Indicators
(kindling)

Emotional Bucket

- Connection to Self
- Connection to Others

Check-ins

- Relational
- Recovery
- Relapse

Types of Relapse

- Slip
- Skirt
- Spring

Types of Indicators & Triggers

- Environmental
- Emotional
- Financial
- Spiritual
- Physical
- Mental
- Social

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