



## Activity 2: Learn from My Past Experiences

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### Relapse Experience

**Observe:** Describe a past emotional experience. What happened?

Complete the table below with up to 6 Emotional Triggers you identified from the card activity.

Discovery Cards Summary		
Emotional Triggers: Statements from card fronts	Emotional Trigger Type: from colored card backs	Emotions and feelings activated by this trigger
1		
2		
3		
4		
5		
6		

### Questions to Explore

**Evaluate:**

1. How did these triggers play a role in this past emotional experience?

2. At what point did you notice your mind and body being affected by these triggers?

3. Which emotions were activated by these triggers?

**Evaluate (continued):**

4. What actions did you take or did you not take to avoid this situation?

**Respond:**

5. How can you respond differently in the future?

6. Who can you ask for help and support?