NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Addiction & Relapse Warning Signs

Changes in feelings, thoughts, or routines can signal a need for support. This reflection checklist is not a diagnosis or a score.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

Physical dependence and addiction are different

Physical dependence: the body adapts to a substance and may have withdrawal symptoms when it stops. This can happen with prescribed medication and does not, by itself, mean addiction.

Addiction: difficulty controlling substance use and continuing despite harm to health, relationships, work, or safety.

Emotional and mental signs

- ☐ Increased irritability or mood swings
- ☐ Feeling that I no longer need support
- ☐ Remembering past use mainly in positive terms
- ☐ Thinking about using more than I want to

Behavioral signs

- ☐ Skipping usual meetings, counseling, or check-ins
- ☐ Using more than intended or struggling to cut down
- ☐ Returning to people or places connected with past use
- ☐ Being less open about where I have been or whom I have seen

Choose a supportive next step

What is happening right now, and what usually helps?

Who can I contact today?

Support when you need it

911
Immediate danger

988
Call or text for crisis support, 24/7

1-800-662-4357
SAMHSA treatment referral, 24/7