



# THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

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### **HANDOUT SECTION FOR SUBJECT EIGHT**

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- #1: *Personal* Identification of External Relapse Triggers (Worksheet)
- #2: *Personal* Identification of Internal Triggers That Can Lead to Crisis or Relapse  
(Worksheet, pages 1, 2, 3, & 4)
- #3: My *Personal* Relapse and Crisis Prevention Plan (Worksheet, page 1, 2, & 3)
- #4: *This Is Recovery?* (Inspirational)
- #5: Certificate of Accomplishment...A Good Beginning! (Inspirational)

### **BIBLIOGRAPHY SECTION FOR SUBJECT EIGHT**

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