

# HISTORY REVIEW

If you have lapsed in the past, you may be able to use your observations of the sequence of events to learn about cause-and-effect. Describe the sequence of external events and internal states that led up to the first lapse. [Some people find it helpful to start at the lapse and follow the sequence backward in time to its earliest cause]. Write it as though it were a script for a play, including descriptions of thoughts, images, and emotions that the actor was experiencing.

From your current perspective, can you identify moments within the sequence when you had an opportunity to change the course of events? We are interested in 3 such moments: The ***Last Chance*** to prevent relapse [the last opportunity to exercise your will and prevent relapse – if you fail to act here, it is likely that you will relapse]; the ***Penultimate Chance*** [the next to last chance]; a ***Preterm*** [a warning signal early in the sequence that you are on a path to relapse and should do something to switch paths].