

RELAPSE PREVENTION



What happens before you use? Describe events that were taking place, people you were with, places you visited, and emotions you were feeling. What about some of the thoughts you had that contributed to your use?

Lined writing area for the first question.

Describe what has helped you to stay clean in the past.

Lined writing area for the second question.

What are some things you haven't tried to stay clean?

Lined writing area for the third question.