

RELAPSE PREVENTION PLAN

Preventing relapse requires a commitment to recovery. It also requires a plan of action. Relapse is not an event, but a process. Before the physical act of relapse, there are changes in feelings, thoughts, and behaviors. Cravings also play a role in relapse. By developing and following a written plan, you can halt the relapse process.

What is your drug of choice?

Write down at least three (3) reasons you are ready to stop drinking/using.

1. _____
2. _____
3. _____

What are some *feelings* that may trigger a relapse?

- Anger
- Grief
- Jealousy
- Fear
- Embarrassment
- Hopelessness
- Joy
- _____
- _____

For each feeling you checked on the left, write down a healthy way to cope with the feeling.

What are some *thoughts* that may lead to relapse? (Examples: Thinking about the good times or thinking you are cured.) Be as specific as possible.

1. _____
2. _____
3. _____
4. _____
5. _____

RELAPSE PREVENTION PLAN: WARNING SIGNS & TRIGGERS

What are some behaviors that may lead to relapse? (Examples: Not attending meetings, not calling your sponsor, eating too much junk food, being in an unhealthy relationship.) Be as specific as possible.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Who are the people you are most likely to use with?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Write down the names of five (5) people you can call when tempted to use:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

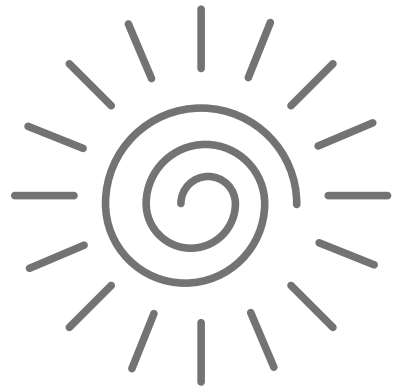
Where are the places you are mostly likely to use?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

What other situations or events are triggers for you?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

RELAPSE PREVENTION PLAN: 12-STEP MEETINGS, SPONSORSHIP, & CONSEQUENCES OF RELAPSE/BENEFITS OF RECOVERY



How will you get to meetings?



—————> How often will you call your sponsor? _____

How often will you meet with your sponsor? _____

List five (5) consequences of a relapse. (Examples: Failing a drug screen, calling in to work, missing an appointment, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

List five (5) benefits of working a recovery program:

1. _____
2. _____
3. _____
4. _____
5. _____

RELAPSE PREVENTION PLAN: GOALS

Write down five (5) short-term goals (1-12 months) that you can only achieve through sobriety.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down five (5) long-term goals (1-3 years) that you can only achieve through sobriety.

1. _____
2. _____
3. _____
4. _____
5. _____

REVIEW THIS PLAN ON A REGULAR BASIS AND UPDATE AS NEEDED!

