

# RELAPSE PREVENTION PLAN

In an EMERGENCY, I will call

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What is your drug of choice?

or I will go to:

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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.

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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: CRAVINGS & 12-STEP MEETINGS

**Cravings: Remember that cravings will pass. However, there are different techniques to help with intense cravings. You can talk about it with your sponsor or with a friend in recovery. Or you can distract yourself by journaling, watching a comedy, listening to loud music, running, doing a crossword puzzle, cleaning house, working on a project, etc.**

Write down ten (10) ways you can cope with cravings.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

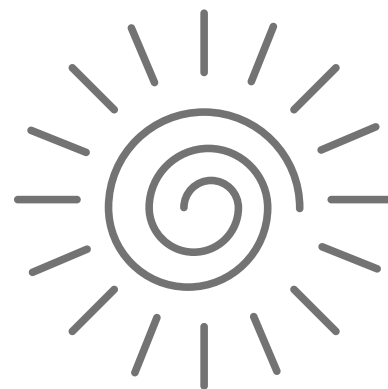
How many 12-step meetings will you attend each week?



**Use the blank weekly schedule below to fill in meeting names, when they meet, and the places they meet.**

[illegible]

# 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. \_\_\_\_\_

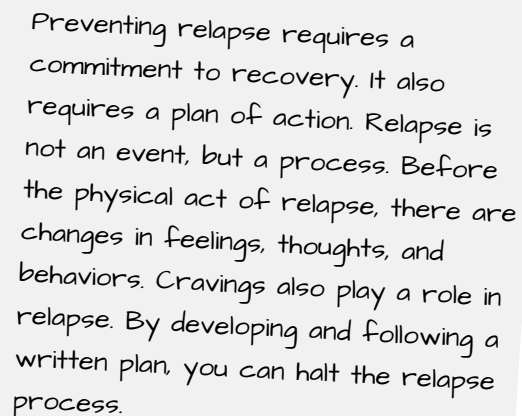
# RELAPSE PREVENTION PLAN: GOALS

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. \_\_\_\_\_



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.

I \_\_\_\_\_ pledge my commitment to this plan.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date