

RELAPSE PREVENTION WORKSHEET

1. People, places, and things: Things I need to avoid or no longer engage in, if I want to remain sober.

People:

Places:

Things:

2. Identify 2-3 triggers/stressors that have contributed to past relapses and/or have caused your substance abuse to increase/intensify.

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3. Identify 2-3 coping skills that you can realistically use to decrease your risk of relapse.

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4. Identify 2-3 self-care activities that you can do to reduce stress/anxiety and improve mood.

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5. Who is your sponsor? _____

6. List 3 people (not including your sponsor) that make up your sober support network.

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7. List the meeting that you plan to attend regularly (weekly).

Location:

Day/Time:

8. List two additional meetings, outside of your regular home group meeting, that you may also attend (in person or via zoom). *These may be near your home or work.*

Option 1:

o In person: _____ at _____:_____ AM / PM

o Via Zoom _____ at _____:_____ AM / PM

Option 2:

o In person: _____ at _____:_____ AM / PM

o Via Zoom _____ at _____:_____ AM / PM

9. List 3-5 sober fun activities you will be engaging in either with people or alone. *(Can include hobbies/interests)*

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10. Internal and external motivators for changing and remaining sober:

Internal:

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External:

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