



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, a person experiences 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 the reason(s) you have decided to stop using/drinking: _____

What are some feelings that might lead to relapse? (Examples: Anger, boredom, happiness, not caring about recovery.)

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

For each feeling listed above, write down a healthy way of coping with that feeling:

1. _____

2. _____

3. _____

4. _____

5. _____

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

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

What are some behaviors that might 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 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. _____

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 10 ways to cope with cravings.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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

Fill in meeting names, when they meet, and the places they meet (for one week).

Meeting Day/Time Location: _____

How will you get to meetings? _____

How often will you call your sponsor? _____

How often will you meet with your sponsor? _____

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

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

List five benefits of working a recovery program:

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

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

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

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

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

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Five warning signs that I might use:

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

Five people who I can call to help me get through a craving:

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

Five things I can do to get my mind off of using:

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