

Relapse Prevention Plan

Name _____

Date Plan was Last Updated _____

Drug(s) of Choice

Reason(s) to Stay Sober

What *bad things / consequences* may happen if you relapse?

What *good things* will happen if you stay sober?

What *short term goals* (1-12 months) do you have?

What *long term goals* (1-5 years) do you have?

Triggers

What are some <i>feelings</i> that may trigger relapse?
☐ Anger
☐ Grief
☐ Jealousy
☐ Fear
☐ Embarrassment
☐ Hopelessness
☐ Joy
☐

For each feeling you identified, write down a <i>healthy way to cope</i> with it.

What are some <i>thoughts</i> that may lead to relapse (ex. thinking about the good times, or thinking you're cured)?

What are some <i>behaviors</i> that may lead to relapse (ex. going to places you used to use, or being around using friends)?

Who are the <i>people</i> you are most likely to use with (ex. a friend you used to use with)?

Where are the <i>places</i> you are most likely to use (ex. places you frequently used at in the past)?

What are the <i>situations or events</i> that are triggers for you (ex. certain days of the week, times of the day, or special occasions)?

What are the <i>things</i> that are triggers for you (ex. drug paraphernalia or items that remind you of using)?

Coping Skills

Which triggers can you simply avoid?

Which triggers cannot be avoided? Why?

What are some healthy coping skills you can use <i>in the moment</i> when triggered or experiencing cravings?

What are some <i>healthy coping skills</i> you can do regularly to help prevent relapse?

Who can you call when you need support?	
NAME	PHONE NUMBER

What will you do if you're triggered / experiencing cravings and cannot reach anyone over the phone?

Healthy Lifestyle Changes

What will your *life look like* without substance use?

Where will you *live*?

Where will you *work*?

What will you do for *fun* or to *relax*?

What will your *daily / weekly schedule* look like?

How many *12-Step* or *Self-Help* groups will you attend each week?

MEETING NAME	DAY / TIME	LOCATION

How will you get to meetings?

Who is your sponsor?

How often will you call and/or meet with your sponsor?