

SMART Relapse Prevention Plan

PART 1: HEALTHY LIFESTYLE CHANGES

Objective: Identify and assess previous attempts to change behavior, identify current stage of change, and create a cost benefit analysis of addictive behavior.

What is a negative behavior that you HAVE changed in your life?	What made you decide to change it?	What was your plan for changing the negative behavior?

What is the negative addictive behavior (drug use, violence, impulsiveness, anger, etc) you would like to change now?

What stage of change are you currently in?

Pre-Contemplation (No Thoughts of Change)

Contemplation (Considering Change)

Preparation (Making Plans to Change Soon)

Action (Currently Making Changes)

Maintenance (Maintaining the Changes You Have Already Made)

Make a list of at least 3 benefits and 3 costs of your addictive behavior.

Benefits	Costs

Make a list of at least 3 benefits and 3 costs of stopping your addictive behavior.

Benefits	Costs

Write a paragraph about what your life would look like without your addictive behavior.

PART 2: TRIGGERS AND COPING SKILLS

Objective: Identify risky thoughts, feelings, and behaviors that lead to relapse and name healthy coping skills to combat each trigger.

What might lead to a relapse of your addictive behavior?		
Thoughts	Feelings	Behavior

Ten ways I can cope with the identified triggers.	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Five things I can do to get my mind off from wanting to engage in my addictive behavior.	
1	
2	
3	
4	
5	

PART 3: SUPPORT NETWORK AND GOALS

Objective: Develop a positive support network, identify number of self-help groups to attend, and create short-term and long-term goals.

Write down at least three affirmations about yourself (I am strong, I can do this, etc).

Write down the names of at least five people you can call when tempted to use.

How many 12-step or self-help groups will you attend each week? When / where are they?

Identify 1-3 short-term goals that can only be achieved through maintaining your new lifestyle.

Write out a plan for each of the short-term goals you identified.

Identify 1-3 long-term goals that can only be achieved through maintaining your new lifestyle.

Write out a plan for each of the long-term goals you identified.
