

# WRITING YOUR **RELAPSE** PREVENTION PLAN

19

Friday

epicurean +  
Dunkin' Donuts  
by

ICARUS

BEHAVIORAL HEALTH

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These worksheets are a tool for personal planning only. They are not to be considered a mental health diagnosis or a medical opinion.

For professional recovery help, please call Icarus Behavioral Health Nevada at (702) 723-4774 for a consultation.

# Icarus Behavioral Health

## *Relapse Prevention Plan*

1) What are your substance use triggers? List them here.

2) What early warning signs of negative thoughts do you usually have?

3) List the coping tool you learned in recovery and any others you'd like to try.

# Icarus Behavioral Health

## *RECOVERY PROMPTS*

4) Describe your self-care routine, including what's working well for you.

5) List 4-5 emergency contact people who can help you avoid a relapse..

6) Find 3 local support groups and list their meeting times and locations here.