

Creating a Relapse Prevention Plan

Writing a personal relapse prevention plan to support sobriety.

REFRESHER: UNDERSTANDING HOW A RELAPSE OCCURS

1

Emotional Relapse - i.e., ignoring self-care, bottling up emotions, skipping therapy or weekly meetings.

2

Mental Relapse - i.e., glamorizing/fantasizing about using; bargaining about "just one more" use.

3

Physical Relapse - starts using again; needs to seek immediate support before active addiction occurs.



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List any of the following emergency contacts you may have.

My sponsor:

A supportive friend:

Trusted family member:

Therapist:

Case manager:

24 hour hotline:

Name the people, places, and situations to avoid triggers.

Places that trigger use:

People that threaten my sobriety:

Situations that may cause cravings:



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Consider “safe places” to spend time without triggers.

List local places that are safe for passing time:

How can you manage cravings?

Name a sober activity you enjoy:

Mention craving exercises to overcome the moment:

Write down where to find an online meeting right away:

Name a person to call for support:



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List a recovery meeting time and address for each of the following (as applicable):

Alcoholics Anonymous:

Narcotics Anonymous:

SMART Recovery:

Make a complete list of the healthy lifestyle coping strategies and self-care tools that work best for you:



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Set 3 short-term goals and 3 long-term goals:

Short-term goals (one month or less):

Long-term goals (over a month):

Strategies to remember if you do have a setback despite having a well-constructed relapse prevention plan

Say a self-kindness mantra: *Relapse is a setback, not a failure.*

Who will I call first?

What are my next steps to get back on track?



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