

# Relapse Prevention Plan

Name:

Today's Date:

Having a relapse prevention plan can help prevent you from going back to old, unhealthy behaviors. This document includes a relapse prevention plan and sections to help you identify triggers that may cause a relapse.

## COPING SKILLS

List and describe activities you enjoy that can help you get your mind off of your addiction.

Activity	Why this activity can help me

## SOCIAL SUPPORT

List out people you can talk to if you're thinking about using and why they will help you. Ex. They care about my well-being and want to see me excel.

Name	Why this person will help me

## CONSEQUENCES

Take a moment to think about these two scenarios: How will your life change if you relapse? How will your life change if you stay sober?

How will your life change if you relapse?	How will your life change if you stay sober?

## IDENTIFYING TRIGGERS

*It's not uncommon for people struggling with addictions to relapse. This worksheet will help you identify triggers and help you overcome them. Triggers are a stimulus, such as an activity, person, place, situation, thing, or thinking pattern that contributes to an unwanted emotional or behavioral response.*

### Triggers

What causes your triggers?

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If you are exposed to your triggers, what is the worst case scenario?

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## DETERMINING TRIGGER(S)

Triggers can be just about anything. Think about each category below. Are there specific thoughts that act as a trigger for you? Perhaps a specific person or a specific place? List out your responses below.

<b>Activities or Situations</b>	
<b>Emotional States</b>	
<b>People</b>	
<b>Places</b>	
<b>Things</b>	
<b>Thoughts</b>	

## CREATING A PLAN

In this section, we will create a plan to deal with your biggest addiction relapse triggers. Describe your biggest triggers, in detail.

<b>EXAMPLE</b>	
<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	
<b>Trigger #4</b>	

Describe your plan for avoiding, reducing exposure, or overcoming each trigger.

<b>EXAMPLE</b>	
<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	
<b>Trigger #4</b>	

Describe your plan for dealing with each trigger directly if you can't avoid them.

<b>EXAMPLE</b>	
<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	
<b>Trigger #4</b>	