RELAPSE PREVENTION PLAN

Preventing relapse requires a commitment to recovery. It also requires a plan of action. Relapse is not an event, but a process. Before the physical act of relapse, a person experiences changes in feelings, thoughts, and behaviors. Cravings also play a role in relapse. By developing and following a written plan, you can halt the relapse process.

What is your drug of choice? _______________________________________________________

Write down the reason(s) you have decided to stop using/drinking: ______
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________

What are some feelings that might lead to relapse? (Examples: Anger, boredom, happiness, not caring about recovery.)

1. _______________________________________________________
2. _______________________________________________________
3. _______________________________________________________
4. _______________________________________________________
5. _______________________________________________________

For each feeling listed above, write down a healthy way of coping with that feeling:

1. _______________________________________________________
   _______________________________________________________
2. _______________________________________________________
   _______________________________________________________
3. _______________________________________________________
   _______________________________________________________
4. _______________________________________________________
   _______________________________________________________
5. _______________________________________________________
   _______________________________________________________
What are some *thoughts* that might lead to relapse? (Examples: Thinking about the good times or thinking you are cured.) Be as specific as possible.

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
4. _________________________________________________________
5. _________________________________________________________

What are some *behaviors* that might lead to relapse? (Examples: Not attending meetings, not calling your sponsor, eating too much junk food, being in an unhealthy relationship.) Be as specific as possible.

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
4. _________________________________________________________
5. _________________________________________________________

Who are the *people* you are most likely to use with?

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
4. _________________________________________________________
5. _________________________________________________________

Write down the names of five people you can call when tempted to use:

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
4. _________________________________________________________
5. _________________________________________________________

Where are the *places* you are mostly likely to use?

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
4. _________________________________________________________
5. _________________________________________________________
What other *situations* or *events* are triggers for you?
1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________

**Cravings:** Remember that cravings will pass. However, there are different techniques to help with intense cravings. You can talk about it with your sponsor or with a friend in recovery. Or you can distract yourself by journaling, watching a comedy, listening to loud music, running, doing a crossword puzzle, cleaning house, working on a project, etc.

Write down 10 ways to cope with cravings.
1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________
6. __________________________________________________________________________
7. __________________________________________________________________________
8. __________________________________________________________________________
9. __________________________________________________________________________
10. __________________________________________________________________________

How many 12-step meetings will you attend each week? __________________________

Fill in meeting names, when they meet, and the places they meet (for one week).

<table>
<thead>
<tr>
<th>Meeting</th>
<th>Day/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How will you get to meetings? ______________________________________________________
__________________________________________________________________________________________
How often will you call your sponsor? ______________________________
How often will you meet with your sponsor? _______________________ 
List five consequences of a relapse. (Examples: Failing a drug screen, calling in to work, missing an appointment, etc.)
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________
List five benefits of working a recovery program:
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________
Write down five short-term goals (1-12 months) that you can only achieve through sobriety.
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________
Write down five long-term goals (1-3 years) that you can only achieve through sobriety.
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________