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, there are 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.

**RELAPSE PREVENTION PLAN**

What is your drug of choice?

---

Write down at least three (3) reasons you are ready to stop drinking/using.

1. 
2. 
3. 

---

What are some **feelings** that may trigger a relapse?

- Anger
- Grief
- Jealousy
- Fear
- Embarrassment
- Hopelessness
- Joy

For each feeling you checked on the left, write down a healthy way to cope with the feeling.

---

What are some **thoughts** that may 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 may 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 (5) 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. _____________________________________________________________________________
**Relapse Prevention Plan: Cravings & 12-Step Meetings**

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 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 ten (10) ways you can cope with cravings.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
7. ____________________________
8. ____________________________
9. ____________________________
10. ____________________________

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

Use the blank weekly schedule below to fill in meeting names, when they meet, and the places they meet.

<table>
<thead>
<tr>
<th>Meeting</th>
<th>Day/Time</th>
<th>Location</th>
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<tbody>
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</table>
**RELAPSE PREVENTION PLAN: 12-STEP MEETINGS, SPONSORSHIP, & CONSEQUENCES OF RELAPSE/BENEFITS OF RECOVERY**

<table>
<thead>
<tr>
<th>How will you get to meetings?</th>
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</table>

How often will you call your sponsor? ______

How often will you meet with your sponsor? ________________

List five (5) consequences of a relapse. (Examples: Failing a drug screen, calling in to work, missing an appointment, etc.)

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________

List five (5) benefits of working a recovery program:

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
RELAPSE PREVENTION PLAN: GOALS

Write down five (5) short-term goals (1-12 months) that you can only achieve through sobriety.

1. 
2. 
3. 
4. 
5. 

Write down five (5) long-term goals (1-3 years) that you can only achieve through sobriety.

1. 
2. 
3. 
4. 
5. 

REVIEW THIS PLAN ON A REGULAR BASIS AND UPDATE AS NEEDED!