

# RELAPSE PREVENTION PLAN

this template is to help you outline your plan on how you will manage addiction recovery and prevent relapse from occurring

## Identify Your **GOALS**


how would you like to self-improve? i.e. improve my diet, budget better, fix a broken relationship

## What **MOTIVATES** you?


what outcomes of improvement motivate you? i.e. saving more money, losing weight, having free time

## **CHALLENGES** you may face...


Triggers that may challenge you. i.e. seeing old friends, being at a bar or party, seeing alcohol

## my **COPING** skills


skills and strategies to cope. i.e. going to the gym, calling my mentor/sponsor, attending meetings, meditating

## RELAPSE PREVENTION *strategies*


behaviors you will observe to prevention relapse from occurring. i.e. Making new friends, volunteering, staying healthy

## *I will practice* **SELF-CARE** *with*


how will you improve your daily lifestyle by taking care of your body and mind? i.e. meditate, exercise, eat better

## *people in my* **SUPPORT SYSTEM**


name the people who are closest to you, who support you, who want you to succeed. i.e. siblings, parents, mentors

## *I will remain* **ACCOUNTABLE** *by*


name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable

## *I am* **GRATEFUL** *for*


name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable