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RELAPSE PREVENTION PLAN

This guide is designed to help you create a personal opioid recovery plan to manage your opioid addiction and prevent relapse.

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 implement to prevent 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

Being accountable means taking responsibility for your own actions. One way to keep yourself accountable is to write things down that you need to get done and keep your list in a place that you can see or interact with often. Ticking off a list can be very gratifying. Another way is to reflect on the things that you did well that day and the things you will improve in the morning and evening. Taking time to reflect at least 1 time per day can help ensure that you deal with things before they get out of control.

I am GRATEFUL for

Describe what and who you are grateful for. Nothing is too large or too small. You may choose to include things like fresh air to breathe, beautiful fall colored leaves, the smile of your best friend or a cashier at the grocery.

Nice Job!

You have completed the 6 part relapse prevention plan series with Addiction Outreach Clinic. We hope you found the activities helpful.

Stay tuned for our next series that will be starting soon.

Check-out our blog for more helpful tips and tools to support your path to recovery.

[Click Here to Visit the AOC Blog](#)