

My Relapse Prevention Plan

1. Why is recovery important to me? What are my reasons for recovery that I want to remember? How can I remember these reasons? (For example, some people carry a picture that means a lot to them to remember, etc.)
2. Things that will help me maintain my recovery: (For example, talking to a positive friend, attending AA or NA meetings, exercising, seeing my therapist regularly, doing something that helps me calm, etc.)
3. Who or what, are the people, places or things that contribute to increased stress in my life and increase the chances of relapse? What steps or actions can I take when I have to deal with these people, places, and things? (For example, friends who use, bars, certain areas of town, certain activities that you would do while using, situations at work that will be stressful, etc.)
4. What are some signs that I may be close to relapse? This might include signs that things are stressful, deteriorating, or not going well. (For example, I am more depressed, irritable, thinking about alcohol and/or drugs a lot, putting myself in risky situations, etc.)
5. Who are the people that can support me if I am close to relapse? (For example, conversations with certain people who can understand, attending AA/NA, attending church, contacting my therapist, contacting other supportive people, etc.)
List of people you can call on in those moments:
6. If a relapse happens, what I will do to make sure that my children are safe:
7. Who are the safe people that I can bring my children to if I am close to using or relapse?
8. Who can come get my children if I have used?
9. If a relapse happens, what steps can I take to regain sobriety? (For example, talk to my therapist, attend AA/NA, attend church, etc.)
10. Who are the people that need to be included in my plan to regain sobriety and how?