

My Relapse Prevention Plan

Remember this plan should help you avoid relapse into substance abuse and mental illness. Summarize the most important parts of your previous work in recovery to answer each question below. Get help from your counselor to complete this and share it with him/her.

1. **Goals, Time Management, and Lifestyle Balance**
 - a. What are my life goals that will help me maintain my recovery after leaving this program? What steps am I going to take to work toward achieving my goals?

 - b. How do I plan to live a **balanced lifestyle** to maintain my recovery? What areas of my life do I want to balance?

 - c. How do I plan to **manage my time** after my release? What daily/weekly activities am I going to do to maintain my recovery, and how often will I engage in them?

2. **Coping with Stress** - What positive activities will I do to **cope with stress**?

3. **Early Warning Signs**

a. My early warning signs for relapse into **substance abuse**.

b. What will I do to avoid relapse when I notice these warning signs?

c. My early warning signs for relapse into **mental illness**.

d. What will I do to avoid relapse when I notice these warning signs?

4. **Managing Cravings and Urges**

a. What things trigger my **cravings/urges** to relapse? How can I avoid those triggers?

b. Which techniques work best for me to **manage my cravings/urges** when they arise?

5. **My emergency plan to prevent a lapse (or slip) from becoming a full-blown relapse?**

6. **Coping with high-risk situations for relapse into substance abuse or mental illness:**

a. What are my personal **high-risk situations for relapse?** How do I plan to avoid them and cope with them?

b. How do I plan to cope with **feeling bad** so that I do not relapse?

c. How do I plan to resist **social pressure** to use drugs or alcohol?

7. **Coping with Conflict:**

a. How do I plan to **change my thinking** to cope with conflict and not relapse?

b. How do I plan to **communicate more effectively** to cope with conflict?

8. How do I plan to **maintain treatment** for my mental health, substance abuse, and physical health needs after I leave this program?

