

## Relapse Prevention Plan

Support System: People or programs you can talk/go to if you are thinking about using.

1		1	
2		2	
3		3	
4		4	

Coping Skills: Activities or skills you can use/do to get your mind off of using.

1	
2	
3	
4	
5	

Consequences: How will your life be impacted if you relapsed?


Sobriety: What will happen if you decide to stay sober?


Tips To Avoid Relapse

Cravings	Focus on thinking that your urges and sensation will eventually pass.
Distraction	Practice or do something that will divert your mind from what you want.
Complacency	Stay alert, relapse can happen even years after you quit using.
Situations	Avoid anything that will put you at risk of relapse and remind you of using.
Decisions	Relapse occurs long before the day you actually use.
Perception	Relapse is not a failure, instead it is an opportunity for self-improvement.