

# Relapse Prevention Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

My relapse in 10 steps or warning signs.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

10. I use alcohol and/or drugs. \_\_\_\_\_

Ask yourself:

1. At what step do I call my therapist or get back into a group therapy? \_\_\_\_\_
2. At what step do I go on Antabuse or Naltrexone or Suboxone? \_\_\_\_\_
3. At what step do I start working the 12 Steps again with my sponsor? \_\_\_\_\_
4. At what step do I need to set up external monitoring of my recovery program? \_\_\_\_\_
5. What step is it “too far gone?” or when do I loose the chance to intervene? \_\_\_\_\_
6. When does it become “a train running without brakes?” \_\_\_\_\_

Beside the people in your group, who will you share this Relapse Prevention Plan with to help you be aware when the warning signs are happening? (Your spouse?, your sponsor?, your therapist?, a friend?)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List 5 things that you will do when the warning signs are happening? (behaviors not thoughts)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_