

Relapse Prevention Plan

Name: _____

Date: _____

In this exercise, you will plan your relapse as close to reality as you can, without carrying it out. When you plan your relapse in a conscious, you will gain insight into how it can happen to you, the feelings associated with it, and more importantly, how you can prevent it by recognizing the warning signs. If you have relapsed in the past, use the information here and add to it what you have learned in your recovery about your warning signs. **These must be as specific to your situation as can be.**

Five thoughts or thinking patterns that could lead me to relapse, i.e: *I've been doing well without it, so I can probably control how much I use this time.*

1. _____
2. _____
3. _____
4. _____
5. _____

Five feelings that could lead me to relapse: (I become more irritable or depressed)

1. _____
2. _____
3. _____
4. _____
5. _____

Five behaviors that could lead me to relapse: (I stop going to meetings or change my recovery routine suddenly)

1. _____
2. _____
3. _____
4. _____
5. _____

Relapses do not occur “out of the blue” and there are several warning signs. Many people think that a relapse starts with onedrink or drugging, when actually it is the last step. In planning your relapse, think of it in 10 Steps, with the 10th step being using. For example:

- | | |
|---|--|
| 1. I become restless or antsy. | 6. I become more isolated. |
| 2. I become irritable or grouchy. | 7. I get depressed. |
| 3. I start to think negatively about AA or NA. | 8. I start having sleep problems. |
| 4. I start withdrawing from people in recovery. | 9. I decide drinking or drugging would help my problems. |
| 5. I skip meetings. | 10. I use. |