

# Relapse Prevention Plan

Name:



Live your life

# Remember why you're sober

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Begin a relapse prevention plan with your personal motivations and goals for staying sober.



## RELATIONSHIPS



## FINANCIALS



## CAREER



## OTHER

# List what you're grateful for

Remind yourself of all the positive things that recovery brings to your life, and what you might lose were you to relapse.



## THE BEST THING ABOUT BEING SOBER IS....

## THREE THINGS THAT I'M GRATEFUL FOR...

1.

2.

3.

## PEOPLE THAT I'M GRATEFUL FOR...



## IN THE FUTURE I LOOK FORWARD TO...

# Identify your triggers

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List the internal (emotions, thoughts, or mental states) and external (people, places, situations, specific times) triggers that may lead to cravings or relapse.



**INTERNAL**



**EXTERNAL**

# The If, then Strategy

In the 'If' column, list out some of the triggers from the last worksheet.  
In the 'Then' column, pair each trigger with a response, such as leave early, call a sponsor or practise deep breathing.

IF	THEN

# Use your coping strategies

Cravings are a natural part of recovery but that doesn't make them less challenging. Having a strategy in place will help you to respond rather than react.

STRATEGY <small>E.g. Call a friend, exercise etc</small>	COMPLETED

When cravings hit some simple words of encouragement, like “you are stronger than your cravings”, can also help you to move past them.



## REMEMBER...

# Manage your wellbeing

Managing your general mood and wellbeing can also help to limit the chance of relapse. Check-in on yourself by filling out this daily tracker.

## TODAY I'M FEELING...



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## TODAY'S THOUGHTS...



## TRIGGERS I HAVE EXPERIENCED...




## HOW I DEALT WITH THEM...




## THINGS I NEED TO WORK ON...



# Lean on your support network

A strong support network is key in recovery.  
List the people who support you and their contact details.



NAME:

PHONE:

EMAIL:

NOTES:

NAME:

PHONE:

EMAIL:

NOTES:

NAME:

PHONE:

EMAIL:

NOTES:

## USEFUL NUMBERS...

**Drinkline**

**0300 123 1110**

**Alcoholics Anonymous (AA)**

**0800 917 7650**

**Adfam**

**07442 137421**

**Samartians**

**116 123**

**Narcotics Anonymous (NA)**

**0300 999 1212**







**Gamblers Anonymous (GA)**

**0330 094 0322**



# Set out your routine

A structured routine creates stability in your daily life, helping you to stay on track with your recovery. While routines vary from person-to-person, use this page to outline a typical day that can help you remain on track.

<b>MORNING ROUTINE</b> 	<b>TO DO LIST</b> 
<b>AFTERNOON ROUTINE</b> 	<b>MOTIVATION</b> 
<b>EVENING ROUTINE</b> 	<b>NOTES</b> 

# Reflect on your progress

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Begin a relapse prevention plan with your personal motivations and goals for staying sober.

**HOW DO I FEEL ABOUT MY PROGRESS THIS MONTH?**



**WHAT CHALLENGES DID I FACE?**



**WHAT HELPED ME STAY ON TRACK?**



**OTHER NOTES**



# Motivational quotes & affirmations

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For those moments where you need an extra reminder why you're worthy of the life recovery gives you. Use these affirmations or create your own.



**You didn't come this far just to come this far**



**Every day sober is a gift**



**Progress is not linear - every step forward counts**



**You are stronger than your cravings**



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Find more resources at:

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