

Relapse Prevention Plan

Name:



Remember why you're sober



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

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RELATIONSHIPS	
	<u>a</u>
FINANCIALS	
	A
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	
8	
8	
IN THE FUTURE I LOOK FORWARD TO	P
THE POPULATION OF THE PROPERTY	

Identify your triggers



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 E.g. Call a friend, excercise etc	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	
TODAY'S THOUGHTS	
TRIGGERS I HAVE EXPERIENCED	
1	
1	
•	
HOW I DEALT WITH THEM	
⇒	
	312

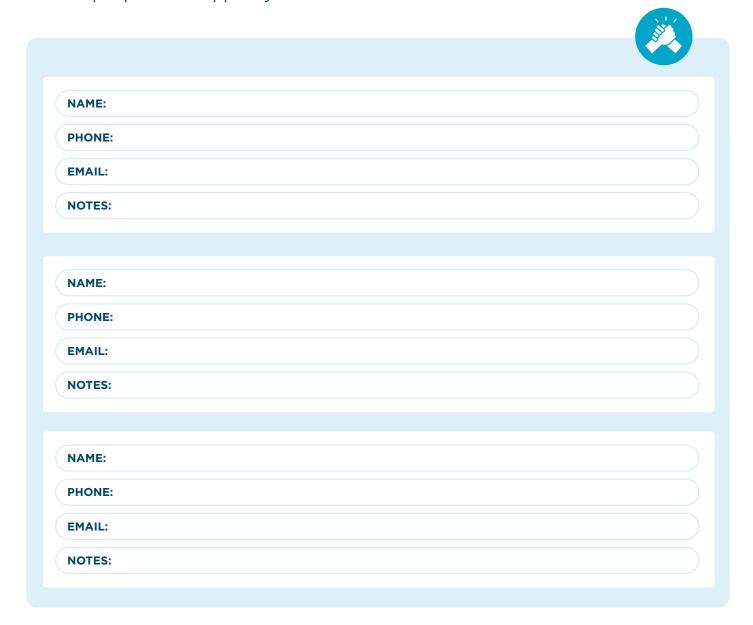
THINGS I NEED TO WORK ON...



Lean on your support network



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

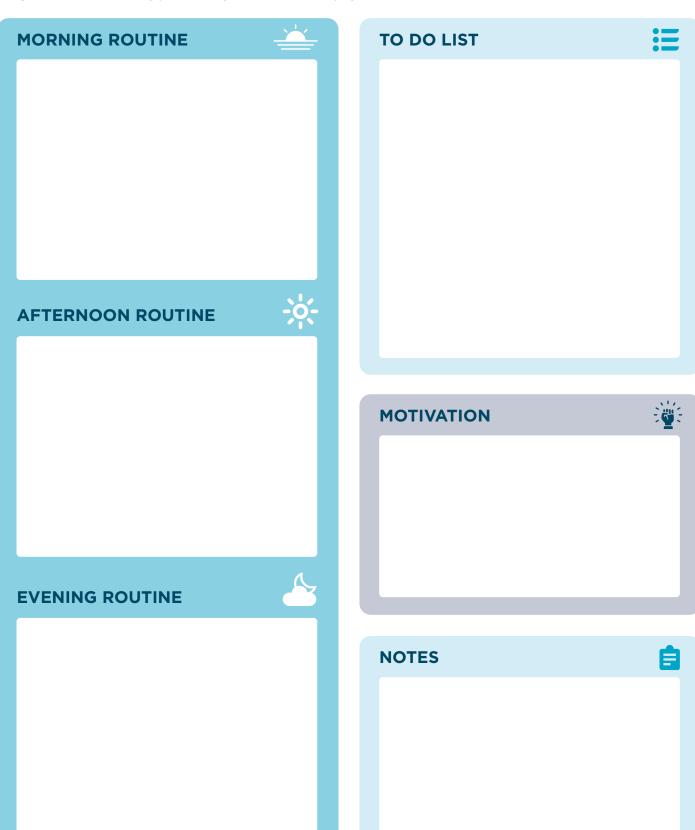


USEFUL NUMBERS... Drinkline Samartians 0300 123 1110 116 123 Alcoholics Anonymous (AA) Narcotics Anonymous (NA) 0800 917 7650 0300 999 1212 Adfam Gamblers Anonymous (GA) 07442 137421 0330 094 0322

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.



Reflect on your progress



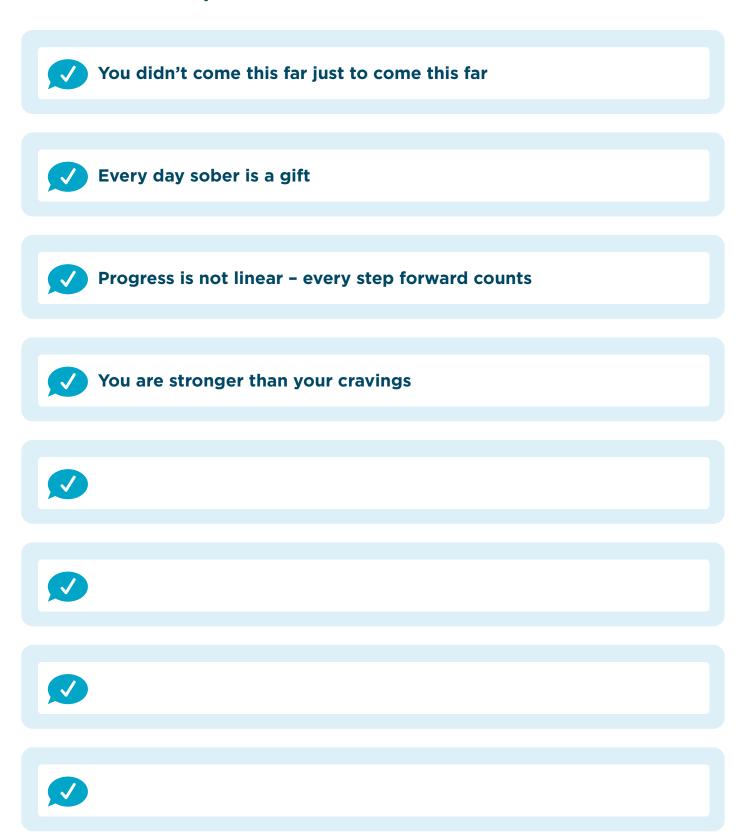
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HOW DO I FEEL ABOUT MY PROGRESS THIS MONTH?	All
HOW DOTFEEL ABOUT MY PROGRESS THIS MONTH?	
	A
WHAT CHALLENGES DID I FACE?	
	8
WHAT HELPED ME STAY ON TRACK?	
OTHER NOTES	

Motivational quotes & affirmations



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.





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Call: **0300 056 6032**

Visit: priorygroup.com/make-an-enquiry

Find more resources at:

priorygroup.com/rehab-aftercare

