**RELAPSE PREVENTION PLAN**

**RELAPSE TRIGGERS**

Relapse triggers are people, places, or things that cause my thinking and subsequent behavior to go to a bad place. Although we, as human beings, share many triggers (e.g., thinking errors, stress, etc.), relapse triggers tend to be ideographic, i.e., personal. Just because something is a relapse trigger for you, doesn’t mean it is a relapse trigger for me.

Dealing with relapse triggers we take a COGNITIVE-BEHAVIORAL APPROACH. In the cognitive approach, we look at the thinking associated with the relapse trigger and do cognitive restructuring to change the risk thinking to reduce the risk. In the behavioral approach, we develop an ACE plan to physically Avoid-Cope-Escape from the relapse trigger.

**ACE (AVOID-COPE-ESCAPE) PLAN**

For *each of the relapse triggers*, identify in writing how you plan to **AVOID** the trigger? If you can’t avoid the trigger, how can you **COPE** with the trigger? If you can’t cope with it, how can you **ESCAPE** from it? E.g.:

Relapse Trigger #1, e.g., Isolating in my room and depressing.

How do I **AVOID** this trigger (isolating and depressing)?

Stay in the living room with my family.

If I can’t avoid the trigger, how do I **COPE** with the trigger?

 Do mindfulness, diaphragmatic breathing, EFT tapping, go for a brisk walk.

If I can’t cope with the trigger, how do I **ESCAPE** from it?

Call my support group and talk to them, go to Walmart and start a conversation with a stranger.

**PEOPLE**

List 3 PEOPLE that are relapse triggers, and why they are triggers.

1.

2.

3.

 PERSON 1

 List 3 risk thoughts that you have when you are around this person.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this person.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

 PERSON 2

 List 3 risk thoughts that you have when you are around this person.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this person.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

 PERSON 3

 List 3 risk thoughts that you have when you are around this person.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this person.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

**PLACES**

List 3 PLACES that are relapse triggers, and why they are triggers.

1.

2.

3.

 PLACE 1

 List 3 risk thoughts that you have when you are around this place.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this place.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

 PLACE 2

 List 3 risk thoughts that you have when you are around this place.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this place.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

 PLACE 3

 List 3 risk thoughts that you have when you are around this place.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this place.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

**THINGS**

List 3 THINGS that are relapse triggers, and why they are triggers.

1.

2.

3.

 THING 1

 List 3 risk thoughts that you have when you are around this thing.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this thing.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

THING 2

 List 3 risk thoughts that you have when you are around this thing.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this thing.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

THING 3

 List 3 risk thoughts that you have when you are around this thing.

 1.

 2.

 3.

List 3 replacement thoughts that you can use to reduce your risk when around this thing.

1.

2.

3.

AVOID:

COPE:

ESCAPE:

**THINKING BARRIERS**

List your top 3 THINKING BARRIERS, and list CORRECTIONS IN THINKING for each thinking barrier.

THINKING BARRIER 1 (e.g., Closed Thinking, Victim Role, Instant Gratification, etc.)

CORRECTION IN THINKING (e.g., Open Channels, Personal Accountability, daily Effort, etc.)

 THINKING BARRIER 2

 CORRECTION IN THINKING

 THINKING BARRIER 3

 CORRECTION IN THINKING

**TACTICS**

List your top TACTIC under each category, and the STAY ON TRACK step to correct it.

Shifts Blame or Focus

 TACTIC

 STAY ON TRACK

Lies and Deceives

 TACTIC

 STAY ON TRACK

Ignores Obligations

 TACTIC

 STAY ON TRACK

**BELIEFS**

List 3 RISK BELIEFS that you have. Remember that risk beliefs are not necessarily bad beliefs, they are just beliefs that cause me problems and need to be modified. Then list a REPLACEMENT BELIEF to modify the risk belief.

 RISK BELIEF 1

 REPLACEMENT BELIEF 1

 RISK BELIEF 2

 REPLACEMENT BELIEF 2

 RISK BELIEF 3

 REPLACEMENT BELIEF 3

**POSITIVE BEHAVIORS**

List 3 POSITIVE BEHAVIORS (healthy things you can do) to distract yourself when you encounter a relapse trigger, and that will reduce your risk.

POSITIVE BEHAVIOR 1

POSITIVE BEHAVIOR 2

POSITIVE BEHAVIOR 3

**SUPPORT GROUP**

List 3 people who are in your support group (i.e., people with whom you can talk when you find yourself at risk of using AOD, and reduce your risk).

Support 1

Name

Phone Number

Support 2

Name

Phone Number

Support 3

Name

Phone Number

**SUPPORT MEETING**

List the nearest SUPPORT MEETING to you.

 Name of group

 Address

 Meeting days and times

 Contact people from the group