



Plan to Avoid Relapse

1. What are some of your high risk situations for relapse (i.e. people, places & things; time we associate with drug use; and/or place or situation with high stress)?

2. What are some addictive thought patterns or behavior that are “red flags” in our recovery?
 - Are you over confident? Angry? Fearful?
 - Are you dishonest with others?
 - Do you worry about getting approval from other people?
 - Do you let others know you are in trouble and can ask for help? If so, whom?
 - Do you believe you should never make a mistake?
 - Are you easily overwhelmed?
 - Do you like to be in control?
 - Are you impatient with others?
 - Do you find yourself isolating from others?
 - How well can you deal with the unexpected?

3. What role does stress play in the relapse process?

4. What are some coping skills we can use for stress prevention and management?

5. What are some attitude or behavioral changes we noticed before we have relapsed in the past?



Personal Emergency Relapse Prevention Plan

A. Attitudes that Changed Either Myself or Others Noticed Prior Relapse

1. Attitude:
2. Attitude:
3. Attitude:

B. Old Behaviors that Return Prior to Relapse

1. Behavior:
2. Behavior:
3. Behavior:

C. People I Can Ask for Help are:

1. Name:
2. Name:
3. Name:

D. Places I Can Go to for Help are:

1. Place:
2. Place:
3. Place:

E. Activities I Can Do to Distract Myself from Cravings or From Using

1. Activity:
2. Activity:
3. Activity:

F. Positive Thoughts I can Tell myself to Remind me to not use:

1. Thought:
2. Thought:
3. Thought:

G. Things I Can Do Daily to Reduce Stress:

1. Thing:
2. Thing
3. Thing: