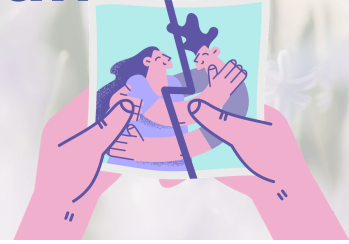




# My Relapse Prevention Plan

Creating a Personalized Pathway to Sustainable Recovery



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Triggers

**What situations, people, or feelings increase my risk?**

*Write down any specific scenarios or emotions that might lead to a relapse.*

## Warning Signs

**What are early signs that I might be struggling?**

*Identify behaviors, thoughts, or emotions that indicate you might be heading towards a relapse.*

## Coping Strategies

**What can I do to manage urges or difficult emotions?**

- Deep breathing
- Grounding (5-4-3-2-1)
- Go for a walk
- Journaling
- Distract myself with an activity
- Talk to someone
- Other: \_\_\_\_\_

*Choose and personalize strategies that work best for you.*

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## My Support System

**Who can I reach out to?**

- **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_
- **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_
- **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

*List contacts who can provide support when needed.*

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## If I Slip

**If I have a setback, I will:**

*What can I remind myself?*

- "Stay prepared, not perfect. I can always begin again."

*Develop a plan to recover quickly and remind yourself of your end goal.*

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## My Goals

**What am I working toward?**

*Outline your recovery goals and why they are important to you.*

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## My Commitment

**One thing I will do to stay on track:**

*Commit to a specific action that supports your recovery journey.*

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**"Stay prepared, not perfect. You can get back on track."**