

Relapse Prevention Plan Worksheet

Client Name: _____

Date: _____

Part 1: High-Risk Situations

Relapse often occurs when we are exposed to situations that challenge our recovery. Identifying and understanding these situations is the first step in creating a solid plan to avoid or manage them.

1. What are the high-risk situations that could lead to relapse?

Think about the people, places, emotions, or events that could tempt you to use substances or engage in addictive behaviors. Be specific.

- **People:**
(e.g., old friends who still use, family members who trigger stress)
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- **Places:**
(e.g., bars, parties, environments where you previously used)
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- **Emotions:**
(e.g., stress, boredom, loneliness, anger, sadness)
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- **Situations:**
(e.g., being alone, relationship conflict, high-pressure situations)
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Part 2: Strategies for Avoiding or Managing High-Risk Situations

Now that you've identified your high-risk situations, let's create strategies to avoid or manage them if they arise.

2. What steps can you take to avoid these high-risk situations?

Think about proactive actions you can take to minimize your exposure to these situations.

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3. How can you manage the situation if you find yourself in a high-risk situation?

If you can't avoid the situation, what actions can you take to protect your recovery?

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Part 3: Support System

Having a strong support system is key to relapse prevention. Know who you can reach out to when you need help or guidance.

4. Who can you reach out to for support when you're at risk for relapse?

List people in your life who you can contact when you're feeling tempted or overwhelmed.

- **Support Person:** _____
 - **How they can help:** _____
 - **Phone Number:** _____
- **Support Person:** _____
 - **How they can help:** _____
 - **Phone Number:** _____
- **Support Person:** _____
 - **How they can help:** _____
 - **Phone Number:** _____

5. What support groups, therapy, or resources can you turn to?

Think about any groups, therapy sessions, or online resources you can use when you're in need of support.

- **Group/Resource:** _____
 - **How it can help:** _____
 - **Contact Information:** _____

Part 4: Self-Care and Coping Techniques

Taking care of your physical, mental, and emotional health is crucial in preventing relapse. Having a variety of coping strategies and self-care practices will help you stay grounded.

6. What are your go-to self-care techniques when you're feeling stressed, overwhelmed, or triggered?

List activities that help you stay calm, focused, and emotionally balanced.

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7. What coping strategies can you use in moments of cravings or temptation?

These can include mindfulness exercises, distractions, relaxation techniques, or healthy alternatives.

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8. How will you take care of your body and mind on a daily basis to strengthen your recovery?

Think about things you can do every day to stay healthy, like exercising, eating well, or practicing meditation.

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Part 5: Creating a Relapse Prevention Routine

Creating a routine that strengthens your recovery and provides structure is important for long-term success.

9. What will your daily or weekly recovery routine look like?

Include things like regular check-ins with support people, attending meetings, practicing self-care, etc.

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10. How will you track your progress and make sure you're staying on track with your relapse prevention plan?

Think about how you can monitor your recovery journey, whether it's through journaling, setting goals, or tracking triggers.

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Part 6: Emergency Plan

Sometimes, despite our best efforts, we may find ourselves at risk for relapse. It's important to have a plan for these emergency moments.

11. What is your emergency plan if you feel like you are about to relapse?

Write down the actions you will take immediately to prevent relapse.

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12. What will you do to remind yourself of your commitment to recovery in moments of crisis?

Write down a personal affirmation or reminder that can strengthen your resolve in tough moments.

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