

# Relapse Prevention Plan

For \_\_\_\_\_

Why I'm changing my use:


My *Relapse Prevention Plan* for managing my use of alcohol and other drugs:


## Back-up Plan

If any lapses occur before \_\_\_\_\_ I will:

1. Think of the experience in a positive and constructive way and understand that a lapse is not a total relapse. I won't let it get me down or let it stop me from managing my drug and alcohol use.
2. I will inform \_\_\_\_\_ of my lapse and seek his/ her support.
3. I will then contact my support worker/ support person to talk about it
  - To figure out how it happened
  - And to figure out how it could be prevented next time, and what I will need to do differently.

I will extend my period of abstinence by \_\_\_\_\_ month(s), with support of \_\_\_\_\_.

## Early Warning Signs

Early warning sign	Thoughts and feelings	Coping strategy

# Triggers

Trigger	Thoughts & feelings	Coping strategy



**What is good ...and what is not!**

<b>The good things about using drugs</b>	<b>The less good things about using drugs</b>

## Rethinking

<b>Unhelpful thoughts</b>	<b>Helpful reply!</b>
Eg. Go on, one last cone/ shot...	Now is the time to leave.

## **Favourite drug-free activities**

<b>Activity</b>	<b>Who to contact to get back into it again</b>

## Support People

Person	Contact details

When times get tough I will remember that... (write a reminder to yourself below)

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

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