



RELAPSE PREVENTION PLAN

An important component to staying healthy and abstaining from substance use is to have a relapse prevention plan in place before the urge to relapse occurs. Writing a prevention plan that identifies your stressors and possible solutions will help you to resist the temptation when presented with the overwhelming desire to indulge.

Name: _____ Date _____

My substance of choice (be specific, for example, don't just write "alcohol" or "opiates" but vodka or hydrocodone)

I plan to prevent my relapse by the following strategies:

These are the names of people who I can contact for support:

NAME

PHONE NUMBER

This is my list of the good and bad things about using _____(write in your own preferred substance)

GOOD

BAD

These are my early warning signs before I relapse:

These are the activities I enjoy performing:

These are the stressors in my life, how they make me feel, and what I can do about them:

If I develop a strong urge to use substances that are harmful to me I will contact:

If I do, in fact relapse, I will immediately contact:

Signature _____ **Date** _____