

Client Name:

Date:

My Relapse Prevention Plan

1

A relapse prevention plan is a crucial tool in the journey of recovery from substance abuse. It functions as a strategic guide designed to address the unique challenges individuals face to maintain sobriety.

2

Contact Information

Primary Therapist

Emergency Contact

3

Coping Strategies

Internal Strategies	External Strategies
Techniques I can use when I have a craving: 1. 2. 3.	Family/Friends that I can call on for support: 1. 2. 3.
My favorite meditation is:	If I need to engage in treatment, I can call:
Hobbies/Activities that support recovery 1. 2.	Support groups I can join: 1. 2.

Remember:
Help is always
available.

4

Triggers

1.

2.

5

1.

2.

Strategies for Triggers:



6

Quick Tips:

- Establishing a healthy daily routine.
- Importance of regular sleep, diet, and exercise
- Use effective communication
- Avoid toxic relationships

Relapse Warning Signs:

1.
2.

Immediate steps to take in a crisis:

- Who can I call?
- Where can I go?
- What can I do?
- How can I seek help?

Key Contacts:



9

Next treatment appointment:

In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

Short-term Goals

1.

2.

Long-term Goals

1.

2.

10

11

**Remember: I choose
to be sober
because...**

Client Signature: _____