

RELAPSE PREVENTION PLAN

this template is to help you outline your plan on how you will manage addiction recovery and prevent relapse from occurring

Identify your **goals**

how would you like to self-improve? i.e. improve my diet, budget better, fix a broken relationship

What are your **motivations**?

what outcomes of improvement motivate you? i.e. saving more money, losing weight, having free time

The **challenges** you may face

Triggers that may challenge you. i.e. seeing old friends, being at a bar or party, seeing alcohol

What **coping** skills will you use?

skills and strategies to cope. i.e. going to the gym, calling my mentor/sponsor, attending meetings, meditating