

## RELAPSE PREVENTION PLAN

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Patient ID #:** \_\_\_\_\_

List a few situations that would lead you to feel like using alcohol or drugs.

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What is your Personal Immediate High Risk Situation?

Description of the situation. (Who would be there, what would be happening, how would you feel, and what would you do?)

How did you handle this situation in the past that increased your risk of relapse?

How would you handle this situation more effectively in the future to lower your risk of relapse?

What thoughts are you likely to have in this situation that might lead you to relapse?

What is another way of thinking about the situation that could help you to avoid relapse?

What feelings are you likely to have in this situation that might lead you to relapse?

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What is another way of managing your feelings in this situation that could help you avoid a relapse?

What are you likely to have an urge to do in this situation?

What might be an effective way of fighting self-destructive urges?

What have you done in this kind of situation that has increased your risk of relapse?

What is another way of acting in this situation that can help you avoid relapse?

How have you convinced yourself in the past that you are justified in using alcohol or drugs?

Since I believe that \_\_\_\_\_ this means

I have to relapse in order to \_\_\_\_\_.

I can talk myself into avoiding relapse by saying to myself:

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