

Relapse Prevention Plan

Name:



Live your life

Remember why you're sober

Begin a relapse prevention plan with your personal motivations and goals for staying sober.

RELATIONSHIPS



FINANCIALS



CAREER



OTHER



List what you're grateful for

Remind yourself of all the positive things that recovery brings to your life, and what you might lose were you to relapse.



THE BEST THING ABOUT BEING SOBER IS....

THREE THINGS THAT I'M GRATEFUL FOR...

1.

2.

3.

PEOPLE THAT I'M GRATEFUL FOR...





IN THE FUTURE I LOOK FORWARD TO...

Identify your triggers

List the internal (emotions, thoughts, or mental states) and external (people, places, situations, specific times) triggers that may lead to cravings or relapse.



INTERNAL



EXTERNAL

The If, then Strategy

In the 'If' column, list out some of the triggers from the last worksheet.
In the 'Then' column, pair each trigger with a response, such as leave early, call a sponsor or practise deep breathing.

IF	THEN

Use your coping strategies

Cravings are a natural part of recovery but that doesn't make them less challenging. Having a strategy in place will help you to respond rather than react.

STRATEGY <small>E.g. Call a friend, exercise etc</small>	COMPLETED

When cravings hit some simple words of encouragement, like “you are stronger than your cravings”, can also help you to move past them.



REMEMBER...

Manage your wellbeing

Managing your general mood and wellbeing can also help to limit the chance of relapse. Check-in on yourself by filling out this daily tracker.

TODAY I'M FEELING...



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TODAY'S THOUGHTS...



TRIGGERS I HAVE EXPERIENCED...



HOW I DEALT WITH THEM...



THINGS I NEED TO WORK ON...



Lean on your support network

A strong support network is key in recovery.
List the people who support you and their contact details.



NAME:

PHONE:

EMAIL:

NOTES:

NAME:

PHONE:

EMAIL:

NOTES:

NAME:

PHONE:

EMAIL:

NOTES:

USEFUL NUMBERS...

Drinkline

0300 123 1110

Alcoholics Anonymous (AA)

0800 917 7650

Adfam

07442 137421

Samartians

116 123

Narcotics Anonymous (NA)

0300 999 1212

Gamblers Anonymous (GA)

0330 094 0322

Set out your routine

A structured routine creates stability in your daily life, helping you to stay on track with your recovery. While routines vary from person-to-person, use this page to outline a typical day that can help you remain on track.

MORNING ROUTINE



AFTERNOON ROUTINE



EVENING ROUTINE



TO DO LIST



MOTIVATION



NOTES



Reflect on your progress

Begin a relapse prevention plan with your personal motivations and goals for staying sober.

HOW DO I FEEL ABOUT MY PROGRESS THIS MONTH?



WHAT CHALLENGES DID I FACE?



WHAT HELPED ME STAY ON TRACK?



OTHER NOTES



Motivational quotes & affirmations

For those moments where you need an extra reminder why you're worthy of the life recovery gives you. Use these affirmations or create your own.



You didn't come this far just to come this far



Every day sober is a gift



Progress is not linear - every step forward counts



You are stronger than your cravings



Fast Access to Addiction Treatment

Call: **0300 056 6032**

Visit: **priorygroup.com/make-an-enquiry**

Find more resources at:

priorygroup.com/rehab-aftercare



Live your life