

Personalized Relapse Prevention Plan Handout

What situations are you likely to relapse in?

What do you plan to do in these situations to avoid relapse?

What specifically will you do in these situations? What will you tell people to help you? How will you alter the situation so you won't relapse?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

What are some of the negative thoughts or “mental gremlins” that you are likely to experience in these relapse situations?

What coping images did you come up with to counteract the negative thoughts in these high risk situations?

Remember, the best ones are a bit stirring, a bit emotional, and highly motivating.
