RELAPSE PREVENTION PLAN

An important component to staying healthy and abstaining from substance use is to have a relapse prevention plan in place before the urge to relapse occurs. Writing a prevention plan that identifies your stressors and possible solutions will help you to resist the temptation when presented with the overwhelming desire to indulge.

Name:___________________________ Date __________________

My substance of choice (be specific, for example, don’t just write “alcohol” or “opiates” but vodka or hydrocodone)

I plan to prevent my relapse by the following strategies:

These are the names of people who I can contact for support:

<table>
<thead>
<tr>
<th>NAME</th>
<th>PHONE NUMBER</th>
</tr>
</thead>
</table>
This is my list of the good and bad things about using ____________ (write in your own preferred substance)

<table>
<thead>
<tr>
<th>GOOD</th>
<th>BAD</th>
</tr>
</thead>
</table>

These are my early warning signs before I relapse:

These are the activities I enjoy performing:

These are the stressors in my life, how they make me feel, and what I can do about them:
If I develop a strong urge to use substances that are harmful to me I will contact:

If I do, in fact relapse, I will immediately contact:

Signature ___________________________ Date ____________________

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