| Name | Data |
|------|------|
| Name | Date |

RELAPSE PREVENTION

WORKSHEET

Objectives: To enable an individual to deal with his urge to relapse.

Instructions: In the table given below, write down the urges you experience to relapse to a substance or drug. Brainstorm and write down the ways in which you can deal with these urges in a healthy way.

| Urges | Coping Strategies |
|-------|-------------------|
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