

Name: _____ Date: _____

Relapse Prevention

Fill this worksheet.

Coping Skills - Make a list of some of your coping skills. Think about how you distract yourself and keep your mind from relapsing.

Reflection - It's important to remember why you want to prevent a relapse. Think about how your life would change if you were to relapse.

Outcomes of Relapsing

Outcomes of Staying Sober

| Outcomes of Relapsing | Outcomes of Staying Sober |
|-----------------------|---------------------------|
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Social Support - Having a strong network is one of the best ways to prevent a relapse. Who are 3 of the people in your life that will support you through your recovery?

Facing Obstacles - What are some of the biggest obstacles you anticipate facing? It's important to be aware of these to effectively use your coping skills, motivations, and support system.
