

Name: _____

Date: _____

RELAPSE TRIGGERS AND COPING STRATEGIES WORKSHEET

Identify Your Relapse Triggers:

Situation/Emotion/Person: _____

Why it is a trigger for me: _____

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Why it is a trigger for me: _____

Develop Coping Strategies:

For Trigger :

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

Strategy 4: _____

Action Plan:

Immediate Actions to Take When a Trigger Occurs:

People to Contact for Support:

Healthy Activities to Distract Yourself:

Reflection:

How Confident Do You Feel About Managing Your Triggers?

What Additional Support or Resources Do You Need?