

RELAPSE PREVENTION PLAN

Worksheet

Name _____

This template is to help you outline your plan on how you will manage addiction recovery and prevent relapse from occurring.

Identify your GOALS

1	
2	
3	
4	

how would you like to self-improve? i.e. improve my diet, budget better, fix a broken relationship

What MOTIVATES you?

1	
2	
3	
4	

what outcomes of improvement motivate you? i.e. saving more money, losing weight, having free time

CHALLENGES you may face...

1	
2	
3	
4	

triggers that may challenge you. i.e. seeing old friends, being at a bar or party, seeing alcohol

RELAPSE PREVENTION strategies

1	
2	
3	
4	

behaviors you will observe to prevention relapse from occurring. i.e. Making new friends, volunteering, staying healthy