

Relapse Prevention Strategies

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

I will practice Self-Care with

how will you improve your daily lifestyle by taking care of your body and mind? i.e. meditate, exercise, eat better.

people in my Support System

name the people who are closet to you, who support you, who want you to succeed i.e. siblings, parents, mentors.

I will remain Accountable by

name your consequences ahead of time if you slip ip or don't hit a goal, you must keep yourself accountable

I am Grateful for

name your consequences ahead of time, if you slip up or dont hit a goal, you must keep yourself accountable