

Name : _____ Date : _____

RELAPSE PREVENTION PLAN

Instructions:

Use this worksheet to create your personal **Relapse Prevention Plan**.
Answer each section honestly and thoughtfully.
This plan will help you understand your goals, recognize challenges,
and prepare strategies to stay on track.

1. Identify Your GOALS

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

2. What MOTIVATES you?

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

3. CHALLENGES you may face...

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

4. My COPING skills
