

Relapse Prevention Plan

Recovering from an addiction takes time. You did not develop your addiction over night and it will not go away that quickly either. It is important to remember that there **may be** slips and relapses during the recovery process. This is normal and it is to be expected. The Relapse Prevention Plan is something that may be helpful to you in preventing a relapse.

Things Which May Cause Slips and Relapses

- Stress
- Dealing with the underlying issues in therapy
- Becoming overwhelmed by feelings and emotions
- Death of a family member, friend, etc.
- Marital and family problems
- Feelings of loneliness, shame, guilt, anger, and abandonment.
- People's reactions to changes you are making in your life
- Fear of change and/or living without your addiction

These are just a few things that can cause someone to have a slip or relapse. At the time, the person may be overwhelmed by any of the above and end up resorting to old methods of coping.

Create your own list of things that you feel may cause you to have a slip or relapse:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Whenever you find yourself making negative comments to yourself, be sure to pull out this list, write down the negative statement and turn it into a positive one. Try to do it each time you catch yourself being hard on yourself so that you do not spend the whole day, week, etc. with this negative thought pattern going through your head. You do not deserve to put yourself down, you are a wonderful person and it is important that you learn how to love and respect yourself. By being able to take the negative statement and turn it into a positive one, you will be taking the necessary steps towards learning to love and accept yourself for who you are. The more positive messages you give yourself, the better you will start to feel about yourself.

In times of crisis, it can be difficult to remember healthy ways of coping. Many people in crisis do resort to familiar ways of coping. Making a plan ahead of time can be helpful. Make a list of 10 things you can do instead of using your addiction as a way to cope. After the list is completed, keep it in a place where it can be accessed when needed. (i.e. refrigerator, cupboard, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

It is also important to reach out during times of crisis, when you are feeling scared, alone, out of control, etc. Talking about your feelings can help to relieve some of the anxiety that you may be having and can help to prevent a slip or relapse. *Reaching out also helps to remind you that you are not alone.*

Below write down names and numbers of people you can reach out to. You may find it difficult to reach out, but the more you do it, the easier it will become. The person that you call will be glad that you did, will welcome the call, and be there for you the best way that they can.

NAME

PHONE NUMBER

Below is a list of things that you can do if you experience a slip or relapse.

- Sit down and try to figure out how you were feeling before the slip/relapses occurred.
- Write about how you felt before, during and after.
- Make a plan of how you will handle the situation, feelings, emotions, etc. when it happens again, but in a healthier way.
- Call someone and talk about what happened and how you feel. (i.e. friend, therapist, family member, etc.)
- Remind yourself that just because you had a slip/relapse, does not mean that you have failed. It only means that there are feelings inside that need to be dealt with.
- Be gentle with yourself and do something nice for you. (i.e. soak in hot bath, take a nice walk, read a book, etc.)
- Remember that there is no shame in having an addiction, there is no shame in having a slip or relapse and it is okay to reach out and talk about it

Below make a list of things that you can do to help yourself get past the feelings you may experience after having a slip or relapse:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

List below the 12-Step Meetings in your area including the days and times that they are held. This will allow you to have a quick reference guide if you need a meeting right away!

- _____
- _____
- _____
- _____
- _____

Remember that you are not alone and even if you do have a slip or a relapse, you will get through it. Recovery takes time, but if you want to recover, you can and will. I hope that this relapse prevention plan will be a helpful tool for you in your recovery process.

My signature below signifies my commitment to recovery:

Signature: _____ Date: _____