

Relapse Prevention Plan

Name:	Age:
Session date:	Practitioner:
Next session date:	
Main concern	
<i>Define the client's primary issue or challenge. This could include symptoms, emotional struggles, or situational stressors.</i>	
Identifiable triggers	
<i>List specific situations, events, or patterns that worsen the client's condition. These might include stressors at work, relationship conflicts, or environmental factors.</i>	
Resources	
<i>Outline tools, programs, or community services available to support the client. This might include therapy, support groups, or educational materials.</i>	

Personal coping skills

Describe techniques the client uses to manage stress or distress. Examples might include breathing exercises, journaling, or physical activity.

Lifestyle changes

Note changes the client could adopt to support their well-being. This might include improving diet, increasing exercise, or creating a better sleep routine.

Support system

Identify people or groups the client relies on for help. This could include family, friends, therapists, or online communities.

Relapse warning signs

Highlight early indicators that the client's condition may be worsening. These might include mood changes, withdrawing from others, or returning to unhealthy habits.

Emergency plan

Provide steps the client can take during a crisis. Include contact numbers, safe locations, and immediate actions for safety or self-care.

Additional notes