

Relapse Prevention Worksheet

Name:	Date:
Reflection	
It's important to remember why you want to prevent a relapse. Think about all the ways your life would change if you were to relapse.	
What would happen if I relapsed?	If I stay sober, how will my life improve?
Social support	
Remember the people you are doing this for. Who are the people in your life who want to see you recover? Who would you want to reconnect with? Who can support you through your recovery?	
Facing obstacles	
Challenges and stress are some of the biggest reasons for relapse. What are some of the biggest obstacles you anticipate facing, and what things might trigger a relapse?	

Coping skills

Suppose you get into a situation where you can easily get something that you are craving for—maybe a person offered it to you, or you find yourself in a room where you can easily get it. Remember: delay, distract, de-stress, and de-catastrophize. What things allow you to follow these 4 D's and avoid relapsing at that moment?

What things can you do to strengthen yourself against future relapses? What activities, exercises, and strategies can you do (or even statements you tell yourself) that allow you to cultivate a strong mind and body that is resistant to cravings?

Goals

Remember your answers from earlier about the possibility of your life changing for the better by staying sober. These possibilities are all reachable if you keep at it. Which possibilities would you like to manifest first?