

Relapse Prevention Worksheet

Name: _____ Date: _____

Coping skills

Make a list of some of your coping skills. Think about how you distract yourself and keep your mind from relapsing.

Reflection

It's important to remember why you want to prevent a relapse. Think about how your life would change if you were to relapse.

Outcomes of relapsing:

Outcomes of staying sober:

Social support

Having a strong network is one of the best ways to prevent a relapse. Who are 3 of the people in your life that will support you through your recovery?

Facing obstacles

What are some of the biggest obstacles you anticipate facing? It's important to be aware of these to effectively use your coping skills, motivations, and support system.