



RELAPSE  
PREVENTION  
PLAN

*Name:*

*Date:*

What are my goals?

- 1.
- 2.
- 3.
- 4.

Four reasons for not using alcohol or drugs?

- 1.
- 2.
- 3.
- 4.

Four things I can do instead of using alcohol or drugs?

- 1.
- 2.
- 3.
- 4.

### External Triggers

What are my high risk situations (people, places, things, situations)	Coping strategies (what can I do differently)

### Internal Triggers

What are my high risk Feelings & Emotions?	Coping Strategies (what can I do differently)
Anger/ Frustration/ Resentfulness	
Hurt (rejection)	
Boredom	
Anxiety	
Depression	
Loneliness	
Stress	
Isolation	
Exhaustion	
Hopelessness	
Frustration	

Social Pressure	
Self-Pity	

*What are my high risk thoughts?*

Negative Thoughts	Replacement Thoughts
<p>We need to retrain our brains to stop thinking:</p> <ul style="list-style-type: none"> <li>• Of idolising our using or drinking days</li> <li>• being around other users or drinkers is ok</li> <li>• having a couple is just fine</li> <li>• its ok no one will know</li> <li>• no one cares</li> <li>• I can justify this</li> <li>• I'm entitled, it's my life</li> <li>• I'll feel better</li> <li>• Its only just this time</li> <li>• I deserve to just have this one drink</li> <li>• I need something to calm me.</li> </ul>	<p>Change thinking</p> <ul style="list-style-type: none"> <li>• It's never just one</li> <li>• This never ends well</li> <li>• I've been clean and sober for 3 months</li> <li>• Where will this take me</li> <li>• I don't drink or use anymore</li> <li>• Not an option</li> <li>• I remember what happened last time</li> <li>• Who cares anyway</li> <li>• I don't need to justify being clean or sober.</li> <li>• I can sooth myself</li> </ul>
What are some of my negative thoughts?	What can you replace these with?

*What are some of my physical reactions?*

<ul style="list-style-type: none"> <li>• Agitated</li> <li>• Depressed</li> <li>• pressure in my head</li> <li>• agitated muscles</li> <li>• tension headaches</li> <li>• nervous adrenalin energy</li> <li>• Mini rushes and intense thoughts about using or having a drink</li> <li>• Dry mouth</li> <li>• Salivating</li> <li>• Strong emotions</li> <li>• Fast shallow breathing</li> <li>• Butterflies in stomach</li> <li>• Tense muscles</li> <li>• Pacing</li> <li>• Fidgety</li> </ul>	
<p>What are some of my physical reactions?</p>	<p>What can I do about these?</p>

*What are my high risk Behaviours?*

<ul style="list-style-type: none"> <li>• Risk taking drugs or drinking</li> <li>• Unsafe sex</li> <li>• High speed driving</li> <li>• Drug or drink driving</li> <li>• Mood change</li> <li>• Talk too much</li> <li>• Hurt people</li> <li>• Forget what I've said</li> <li>• Get over emotional</li> <li>• Black out</li> </ul>	
<p>What are some of my high risk behaviours?</p>	<p>What can I do about these?</p>