



Relapse Prevention Plan

Personal Warning Signs: What are your personal warning signs or triggers of relapse?

1.

2.

3.

Coping Skills: What activities do you enjoy that help get your mind off using?

1.

2.

3.

Support System: Who are the people you can reach out to when you are thinking about using?

1.

2.

3.

Outcomes: What are the outcomes of relapse? What are the outcomes of sobriety?

Outcomes of Relapse	Outcomes of Sobriety