## Relapse Prevention Plan

### 1. WHAT ARE THE WARNING SIGNS THAT USUALLY SUGGEST YOU’RE AT RISK FOR RELAPSE?

- [ ] Over-confidence, no need for treatment
- [ ] Start romanticizing past drug use
- [ ] Believe “I can drink/use a small amount”
- [ ] Isolating, irritability, cockiness
- [ ] Feeling unable to cope
- [ ] Other warning signs:

If any of these warning signs are present or you’re having cravings, let somebody know now.

### 2. WHAT ARE YOUR TRIGGERS? WHAT TYPICALLY CAUSES YOU TO HAVE CRAVINGS TO USE?

- [ ] Loneliness, frustration, exhaustion
- [ ] Depression, anxiety, or mania
- [ ] Situations where drug is available
- [ ] Social isolation
- [ ] Other triggers:

If you feel yourself responding to a trigger, let somebody know now.

### 3. REASONS TO STAY IN RECOVERY:

**What bad things could happen if you relapse? (What consequence are you trying to avoid?)**

- [ ] Hurt family and friends/let everyone down
- [ ] Relapse after long period in recovery
- [ ] Hate myself afterwards
- [ ] Health problems
- [ ] Experience bad effects of drug
- [ ] One more problem with using/drinking:
- [ ] A second problem with using/drinking
- [ ] Become homeless
- [ ] Lose custody of my kid(s)
- [ ] Legal problems/jail or prison
- [ ] Potentially die
- [ ] Potentially hurt or kill somebody else

**What are your hopes and aspirations for your future in recovery? What are the benefits of staying clean and sober?**

- [ ] Make people who care about me proud
- [ ] Recognize I’ve overcome so much
- [ ] Get my self-esteem back
- [ ] Be a good parent
- [ ] Go back to school
- [ ] Travel, grow, learn, thrive
- [ ] A dream I can only achieve if clean/sober:
- [ ] Another good thing about staying in recovery:

(Turn to page 2)
### 4. Protect Yourself Against Cravings. Make Things Safer:

- When unsafe, go to an emergency room
- Identify triggers and avoid/deal with them
- Avoid access to drugs/alcohol
- Limit access to money
- **Call someone/go to 12-step meeting**
- Every morning decide not to use that day.
- Avoid former hang-outs/using friends
- Talk regularly to therapist, priest, doctor

See pages 3 and 4 if you’re craving

### 5. Use Survival Strategies to Fortify Yourself.

- ***Review page one***
- Keep a gratitude list
- Write a meaningful letter
- Pray or go to church
- Do something useful
- Eat healthy and exercise
- Adapt to situations you can’t change
- Call someone you trust
- Problem-solve stressors/think differently
- Change behavior/do something different
- Make a list of your strengths
- Meditate/do mindfulness exercises
- Relax muscles/get a massage

### 6. Focus on Healthy Behaviors/Distraction/Fun:

- Search Facebook for sober/clean friends
- Google do a barrel roll
- Go hiking
- Watch a TV show or good movie
- Go to church
- Play with a pet
- Explore https://elgoog.im/
- Write a letter of forgiveness
- Read a comedy or comic book
- Do a puzzle or brainteaser
- Visit Google Sky to explore universe
- Google Google Sphere → click “I’m feeling lucky”
- Check out this Fun List

- Play https://elgoog.im/breakout
- Volunteer to help somebody
- Google askew
- Visit a bookstore
- Google Google Pacman → click “I’m feeling lucky”
- Draw or color in a coloring book
- Listen to music
- Google Google gravity → click “I’m feeling lucky”
- Visit kimrosenthalmd.com

Need more? Check out 150+ fun things to do

Your ideas:

### 7. Cravings Won’t Go Away? Repeat above process. But if you’re losing the battle, call SAMHSA’s national crisis/relapse prevention hotline at **1.800.662.4357**.
GOT CRAVINGS? READ THIS!

PART 1. START HERE

CRAVING?

Not sure

Got rid of drugs or alcohol?

No

I am the trigger

Yes

Trigger present?

No

Noope, unhealthy thought

Yes

Get away

Kill it (just kidding)

Go to PART 2 below.

Are you alone?

No

Go away

Kill it (just kidding)

Go to PART 2 below.

Yes

I don't need company

Go to 12-step meeting or somewhere safe

Places & Locations

Yes

Call your sponsor or a support person

Names

Numbers

Healthy company?

No

Bravo. Stay where you are!

Go to PART 2 below

Confused? Go to Part 2

PART 2. DO ONE OF THE FOLLOWING

Distraction. Play a video game, watch TV, take a shower...

Meaning. Do mindfulness exercises, tai chi, or meditate.

Trigger. Is there a trigger jumpstarting it all? Get away or deal with it.

Muse. Play an instrument, write, dance, or draw.

Fun. Eat an ice cream cone, play with a pet, visit an amusement park.

Relaxation. Deep breathing, get a massage, do muscle relaxation.

Be spiritual: pray or talk to a priest/minister etc.

Write. Complete sentence: “I quit because…” Make long list.

Consequences. Make a list of problems that would come up if you relapse (relationship, legal, health...)

Humor. Read comics or something funny. Watch humorous movie.

Endorphins. Exercise, like go for a walk or ride a bike.

Motivation. Look at photos of people you care about.

Adrenalin. Ride a motorcycle or listen to fast music.

Uh OH -- if you mess up, stop using ASAP and try recovery again!

COLOR THIS SHEET
When not writing recovery literature, author Kim Rosenthal practices life as a psychiatrist. She’s currently working on a 120 page publication for recovering addicts. It’s called the *Outside-the-Box Recovery Workbook*. It’s hard work. It’s also creative and entertaining and splashed over with artwork.

If you want to read more by Dr. Kim, check out [kimrosenthalmd.com](http://kimrosenthalmd.com).

See you next time, next booklet!

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