

My Relapse Prevention Plan

Prepared · Protected · Grounded



Name: _____ Date: _____

A relapse prevention plan is your personal safety net. Fill this out when you're feeling strong, so it's ready when you need it most. Review it regularly with your counsellor or support person. This is YOUR plan — make it real and specific.

My Personal Warning Signs

What changes in my thinking, behaviour, or feelings signal that I might be heading toward relapse?

Emotional signs:

- ☐ Increased irritability or anger
- ☐ Feeling hopeless or overwhelmed
- ☐ Isolating from others
- ☐ Anxiety or restlessness
- ☐ _____

Behavioural signs:

- ☐ Skipping meetings or counselling
- ☐ Poor sleep or eating habits
- ☐ Romanticising past use
- ☐ Keeping secrets
- ☐ _____

People, Places & Things to Avoid

PEOPLE	PLACES	SITUATIONS / THINGS

My Reasons to Stay in Recovery

Why is recovery important to me? What am I fighting for?

- 1 _____
- 2 _____
- 3 _____

My Emergency Contacts

NAME	RELATIONSHIP	PHONE	WHEN TO CALL

Crisis helpline:

My counsellor/therapist:

My Step-by-Step Crisis Plan

When I feel a craving or notice my warning signs, I will follow these steps:

1 STOP.

Pause. Breathe. Recognise what's happening.

2 I will immediately:

3 I will call or text:

4 I will go to this safe place:

5 I will remind myself:

If a Relapse Happens

A relapse is not the end — it's information. Here's what I will do:

 "Falling doesn't make you a failure. Staying down does. Get back up — grace is waiting."