

# Personalised Relapse Prevention Plan

Your roadmap for staying on track



Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is a comprehensive tool to identify warning signs, triggers, and action steps that promote accountability in maintaining sobriety. Complete each section thoughtfully and review regularly with your counsellor or sponsor.

## My Sobriety Date

Enter the date when you committed to your recovery journey.

## Recognising Early Warning Signs

List feelings, thoughts, or behaviours that signal a potential relapse — cravings, mood swings, or increased stress.

## Identifying High-Risk Situations

Describe situations, environments, or events that pose a risk to your sobriety — places, people, or circumstances.

## Emergency Contact List

Compile names, phone numbers, and relationships of people you can reach out to in crisis.

## Immediate Action Steps

Outline specific steps to take when you notice warning signs — calling a support person, using coping strategies, practising mindfulness.

## Daily Maintenance Activities

List activities you commit to daily that support your well-being — journaling, exercise, meditation, meetings.

## Weekly Recovery Activities

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Identify recovery activities for each week — support groups, therapy, connecting with sober friends.

## My Recovery Motivation Statement

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Write a personal statement capturing your reasons for maintaining sobriety. What does a sober life mean to you?

 "Therefore let him who thinks he stands take heed lest he fall." — 1 Corinthians 10:12