



Personalized Relapse Prevention Plan

How to use this worksheet:

This worksheet serves as a comprehensive tool to identify warning signs, triggers, and action steps that promote individual accountability in maintaining your sobriety. Complete each section thoughtfully and review it regularly with your counselor or sponsor. Adapt and update your plan as necessary to ensure it reflects your current experiences and needs.

My Sobriety Date

Enter the date when you committed to your recovery journey. This date is significant as it marks the beginning of your path toward healthier choices.

Recognizing Early Warning Signs

List the specific feelings, thoughts, or behaviors that signal a potential relapse. These may include cravings, mood swings, or increased stress. Being aware of these signs helps you act promptly.

Identifying High-Risk Situations

Describe situations, environments, or events that pose a risk to your sobriety. Consider places, people, or circumstances that may trigger cravings or thoughts of using substances.

Emergency Contact List

Compile a list of individuals you can reach out to in times of crisis. Include names, phone numbers, and their relationship to you (e.g., counselor, close friend, family member) so you have support readily available.

Immediate Action Steps

Outline specific steps to take when you notice your early warning signs or find yourself in a high-risk situation. These may include calling a support person, using coping strategies, or practicing mindfulness.

Daily Maintenance Activities

List activities you commit to performing daily that support your well-being and sobriety. These may include journaling, exercise, meditation, or attending meetings. Consistent engagement in these activities fosters accountability.

Weekly Recovery Activities

Identify recovery-related activities to engage in each week, such as attending support group meetings, participating in therapy, or connecting with sober friends. Scheduling these activities promotes accountability in your recovery journey.

My Recovery Motivation Statement

Write a personal statement that captures your reasons for maintaining sobriety. Reflect on your goals, values, and what living a sober life means to you. This statement will serve as a reminder of your commitment during challenging times.

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