

Relapse Prevention Plan

In once sentence, write the specific scenario you will be focusing on.

**What makes this situations more difficult to deal with than others?
(include past history, associated emotions, etc.)**

What is your preferred outcome when you face this situation?

**What will you do to ensure you achieve your preferred outcome?
Which coping skill will you use first?
Why do you think this will be effective?**

If you still feel the urge to use, what can you try next?

If you still feel the urge to use, what can you try after that?

Why might it be valuable for you to have a series of backup coping strategies?