

Relapse Prevention Worksheet

Name	Date
Coping Skills - Make a list of some of your coping skills. Think about how you distract yourself and keep your mind from relapsing.	
1.	
2.	
3.	
Reflection - It's important to remember why you want to prevent a relapse. Think about how your life would change if you were to relapse.	
<u>Outcomes of Relapsing:</u>	
1.	
2.	
3.	
<u>Outcomes of Staying Sober:</u>	
1.	
2.	
3.	
Social Support - Having a strong network is one of the best ways to prevent a relapse. Who are 3 of the people in your life that will support you through your recovery?	
1.	
2.	
3.	
Facing Obstacles - What are some of the biggest obstacles you anticipate facing? It's important to be aware of these to effectively use your coping skills, motivations, and support system.	
1.	
2.	
3.	