

Relapse Prevention Worksheet

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Coping Skills - Make a list of some of your coping skills. Think about how you distract yourself and keep your mind from relapsing.	
1. I call my brother. He always picks up and will come get me or hang out with me so I can stay distracted.	
2. Play guitar.	
3. Go for a run.	
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. I'd lose my relationship with my parents. They said this is the last time they'll support me and I know this time they mean it.	
2. I'd probably be fired from my job. It's only part-time but it's the only way I'm making ends meet and I need to keep it.	
3. I have plans to go back to school and finish my education. I'm waiting until I've saved enough to support myself through this but if I relapsed that future would be gone.	
<u>Outcomes of Staying Sober:</u>	
1. I can strengthen my relationship with my family and resolve problems that began when I started using.	
2. I'd be able to finish my high school education and maybe even go to college.	
3. I'll be able to have a long and meaningful future, something that I haven't thought was possible for a long time.	
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. My brother Will	
2. My best mate Tim	
3. My sponsor	
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. Some of my friends still use regularly. I've stopped seeing them often but it's hard to completely cut them out of my life.	
2. I am working on regulating my emotions but sometimes I still get really angry and this has always been a trigger for me to use.	
3. Social situations where everyone is drinking. I've always found alcohol to be a gateway to using and I'm trying to minimize this risk.	