

Relapse Prevention Plan Worksheet

Identify your Triggers and Coping Strategies

Triggers are situations, feelings, or thoughts that can lead to a relapse. Identifying your triggers is the first step in managing them correctly. Once you've identified your triggers, it's important to have healthy strategies in place to cope with them.

Trigger	Coping Strategies

Your Support Network

List the people you can rely on for support

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Daily Maintenance Plan

Establishing a routine can help you stay focused and avoid relapse. Outline your daily routine.

Morning Routine

Afternoon Routine

Night Routine