

Relapse Prevention Planning Worksheet



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SECTION 1: RECOGNIZE THE STAGES OF RELAPSE

Relapse doesn't happen all at once. On the next page, use the space to identify how your recovery might shift through these three phases:

- Emotional Relapse: List the feelings or behaviors that signal you are neglecting self-care (e.g., bottling up emotions, isolating, skipping support meetings).
- Mental Relapse: Identify the internal "tug-of-war" (e.g., glamorizing past use, lying to others, or planning how to use "safely").
- Physical Relapse: Define the signs that appear when it's time to draw your absolute "line in the sand." Consider the immediate risks in your environment that lead to actual use.

Emotional Relapse Signs	Mental Relapse Signs	Physical Relapse Signs

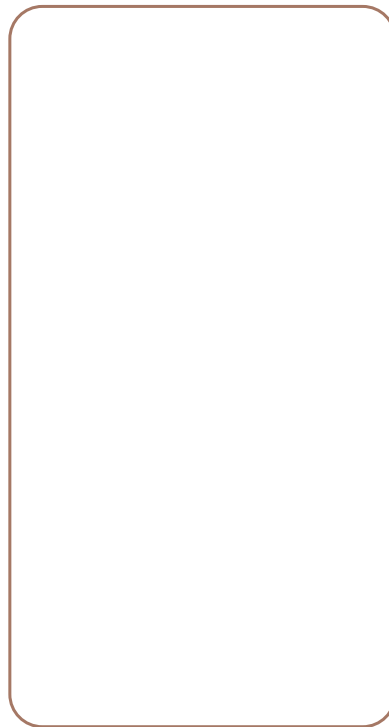
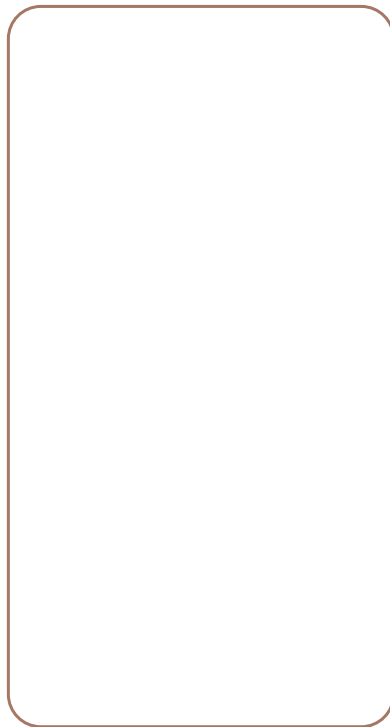
SECTION 2: MY RELAPSE TRIGGERS

What specific people, places, or internal feelings make you want to use? **Knowledge is power.**

- External Triggers: (e.g., Friday paydays, driving past a certain exit, seeing specific "old friends").
- Internal Triggers: (e.g., boredom, празднование (celebration), or feeling overwhelmed by business stress).

External Triggers

Internal Triggers



SECTION 3: QUICK COPING STRATEGIES

How can you respond immediately when triggered? List three concrete actions. Ex., taking a 5-minute walk, deep breathing, calling a friend or sponsor.

1

2

3

SECTION 4: MANAGING CRAVINGS IN THE MOMENT

Cravings are like waves; they peak and then subside. List 3 ways you can distract yourself for 10 minutes until the intensity breaks.

1

2

3

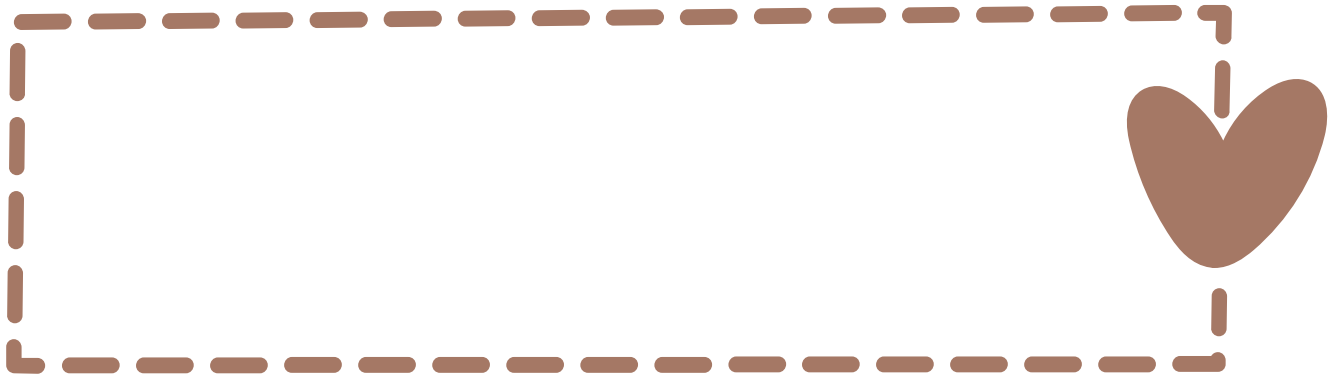
SECTION 5: GO-TO LIST FOR SUPPORT

Recovery isn't a solo sport. List your go-to resources in 3 categories, support groups, personal contacts, and professionals you can reach out to in an emergency:

Support Groups and Meetings Near Me:	Trusted Family and Friends List:	Support Professionals:

SECTION 6: RECOVERY GOALS

Remind yourself WHY you have chosen recovery by writing down key short- and long-term recovery goals below:



SECTION 7: GRATITUDE LIST

Practicing gratitude is a core tool for maintaining emotional sobriety. List 10 things you are grateful for today (keep them simple—a good cup of coffee, a completed task, or a supportive text).
