# DAWESOMERECOVERY.COM Relapse Prevention Plan

**Your Relapse Prevention Plan** is an important part of your overall recovery plan. While relapse can be part of recovery, it doesn't need to be. By planning to prevent relapse, we are actively taking control of the unmanageability in our lives.

As part of relapse prevention, check off  $( \square )$  each element of recovery prevention capital as you build it and add it to your toolbox.

	Complete the Three Circles Packet Complete and use your Personal Craziness Index (PCI) using the PC Packet
	Complete the 8 Dimensions of Wellness Worksheet Complete the WRAP plan on the following pages in this packet Schedule a review of these documents every three months
Reco	eree
Revie	ved on: by
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### **Wellness Toolbox**

3, 3	,	lay, Writing in a journal.
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Don't worry! Tools can be added and removed as you discover new activities you enjoy.



# **Daily Maintenance List**

Describe yourself when you are feeling safe and healthy. Think of multiple dimensions of wellness including: physical, emotional, intellectual, spiritual, environmental, social, and occupational.
Use additional paper if needed.



## **Staying on Track**

ake a reminder list for things you might n a daily basis. This list helps keep us o		i sare, neaitr	iy, and sobe
i a daliy basis. Triis list helps keep us o	III liack		
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➤ Immediately before and after doing this sheet, check in with your coach, 12-step sponsor, therapist, or supportive friend or family member.

#### **Triggers**

Make a list of the things that, if they hap acting out or relapsing. They might have	pened, trigger	might lead you o ed or increased	down the roa symptoms ir	d toward the past.
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Write an action plan to deal with triggers and if you feel yourself slipping toward relapse.

If I feel like I am slipping toward relapse the six numbers I can call until I reach someone are (list in order):

	Person	Relationship	Phone Number
1		12 Step Sponsor	
2			
3			
4	SLAA Inspiration Story	Resource Line	215-574-2121
5			
6			
7		Recovery Coach	
8	SLAA Inspiration Line	Resource Line	215-574-2120

I can find additional resources at:	
Other steps I will take when things feel like they are breaking down are:	

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Relapse Prevention Plan

Use additional paper as necessary.

#### **Crisis Planning**

In spite of our best planning and assertive action, we may find ourselves in a crisis situation where others will need to take over responsibility for our care. We might feel like we are totally out of control.

Writing a crisis plan when you are well to instruct others about how to care for you when you are not, keeps you in control even when it seems like things are out of control. Others will know what to do, saving everyone time and frustration, while ensuring that your needs will be met. Develop this plan slowly when you are feeling well.

The sympto on your beh		aviors that	t would ind	licate to ot	hers that t	hey need ac	ction
Who do you	want to ta	ike action?	? (Names &	k Phone # <u>i</u>	n priority	order)	
Medications	you are c	urrently ta	king that c	ould help	you while	in crisis:	
Medications	s/Substanc	es to avoi	d:				

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Relapse Prevention Plan

Treatments that you prefer:
Treatments to avoid:
Three places you feel safe:
Place you feel unsafe:
Actions that others should take which would be helpful:
If a supporter should confiscate your e-tablet, please initial here:
If a supporter should confiscate your phone, please initial here:
Actions that should be avoided:
How will supporters know that the crisis has ended?
<u> </u>
I understand that if I indicate that I am placing myself or someone else in danger, my
supporters will call 911 or relevant agencies.