

Relapse Prevention Plan

Risk-Benefit Analysis

I made a decision to quit because...



If I quit I will...

- ---
- ---
- ---
- ---
- ---

If I don't quit I will...

- ---
- ---
- ---
- ---
- ---

Setting Goals

The goals I want to achieve when I am sober ...

- 1

- 2

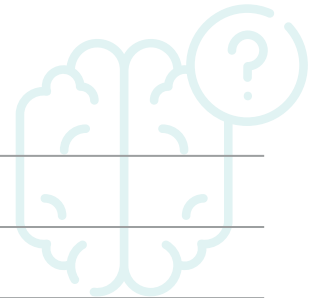
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Triggers and Warnings Signs

Situations that trigger use are...



When I feel like relapsing the warning signs are . . .



Instead of using I can do things like ...

- _____
- _____
- _____
- _____
- _____
- _____

Knowing Where to Get Help

When I feel like relapsing I can talk to ...



1 _____

2 _____

3 _____

If you or a loved one is struggling with a **drug or alcohol addiction**, you can rely on us to guide you to the best **rehabilitation and treatment** resources.

Call now to take the first step to overcoming addiction.