

Preventing Relapse

Worksheet

A proactive approach can often be greatly helpful when it comes to managing substance abuse and addiction.

By inviting you to identify potential coping strategies, as well as your sources of social support, this worksheet makes it easier for you to overcome cravings and prevent relapse in a way that suits you best.

Instructions

Use this worksheet to create a plan that will help you on your journey to addiction or substance abuse recovery.

In *Step 1*, list any Coping Strategies that you find useful in resisting cravings when they arise. These might include positive, distracting activities you enjoy, or pleasant and calming thoughts that help you resist the temptation to use.

Step 2 asks you to list 3 Social Connections who can support you along your journey - and especially when your cravings are strongest.

Use *Step 3* as a space for reflection and comparison; brainstorm the potential consequences of relapse and list them on the left. On the right, compare these with possible or envisioned outcomes of remaining sober. Contrasting the two can be a powerful source of motivation for you to avoid relapse and continue on your journey to recovery.

This sheet also includes some tips to help you along the way.

Step 1: Coping Strategies

Activities, thoughts, or skills that help me remain sober...

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Step 2: Social Connections

People I can turn to for support along my journey...

- 1.
- 2.
- 3.

Step 3: Possible Outcomes

Consequences of Relapsing	Consequences of Remaining Sober
■	■
■	■
■	■
■	■
■	■

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- Recognizing the situations and events that trigger your cravings can help you avoid or reduce your exposure to them. A Cravings Diary or journal can be a good way to identify any patterns or themes, then plan ahead for how to manage them.
- Cravings are temporary. By distracting yourself, you can manage them more easily until they eventually pass.
- Remain vigilant to avoid relapse - if complete abstinence is the only way for you, resist the temptation to have “just one.”
- Sometimes, relapse does happen. Try not to see this as a failure, only a stumbling block along the way to recovery. Avoid lapsing back into unhelpful patterns of behavior.