

RELAPSE PREVENTION PLAN

STRATEGIES FOR MINIMIZING TRIGGERS:

- ➔ Use mindfulness, meditation, and deep breathing for stress relief.
- ➔ Daily journaling to reflect on my recovery.
- ➔ Attend 12-step meetings if appropriate.
- ➔ Choose new non-alcoholic beverages to drink at social gatherings.
- ➔ Reach out to loved one, mentor, or support person in challenging situations.

POTENTIAL TRIGGERS..

- Going for after-work drinks at a bar
- Social events with alcohol
- Problems in my relationship
- Unexpected financial difficulties
- Stressors related to work
- Meeting friends who are still using



SELF-IMPROVEMENT GOALS:

- Become more financially stable.
- Incorporate more exercise into my daily routine.
- Make amends with loved ones.

DAILY ROUTINE..

- ☐ Exercise daily
- ☐ Get at least seven hours of sleep each night
- ☐ Stay hydrated throughout the day
- ☐ I will go outside for a walk every day
- ☐ Reduce the amount of processed food I eat
- ☐ Become more aware of my feelings and needs
- ☐ Meditate or practice mindfulness

ACCOUNTABILITY & GRATITUDE

- ☐ I am grateful for my support system.
- ☐ I cannot perform effectively at work when abusing substances.
- ☐ Remaining sober and in full control is key to my financial stability.
- ☐ My recovery plan is a promise to myself and to my loved ones.

Relapse Prevention

Michael Seilmaier



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