

Relapse Prevention Plan

Name: Kenneth Downs

Date: 12 January 2023

Diagnosis

Substance Abuse Disorder - Cocaine Type

Triggers

- Being around people who use cocaine
- Stressful situations at work or home
- Social events where cocaine is present

Strategies/resources

- Attend regular therapy sessions
- Join a support group for individuals struggling with cocaine addiction
- Avoid situations where cocaine use is likely to occur

Coping skills

- Deep breathing exercises to manage stress and anxiety
- Practicing mindfulness and meditation to stay present at the moment
- Engaging in physical activity to release endorphins and boost mood

Lowering The Risk A Self Care Plan For Relapse Prevention

AW Rasmussen



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