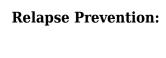
What Is a Relapse Prevention Plan?

A relapse prevention plan helps individuals outline their risk factors for relapse, coping skills, and support networks. A detailed plan explains how to deal with cravings and could include specific coping mechanisms, like deep breathing exercises, mantras, and relaxing postures. Some may choose to list emergency contacts who can provide support when necessary.

Relapse Prevention

Rosina Ehmann



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