

**RELAPSE PREVENTION PLAN**

An important component to staying healthy and abstaining from substance use is to have a relapse prevention plan in place before the urge to relapse occurs. Writing a prevention plan that identifies your stressors and possible solutions will help you to resist the temptation when presented with the overwhelming desire.

Name: John Smith Date: July 29, 2010

My substance of choice (be specific, for example, don't just write "alcohol" or "opiates" but vodka or hydrocodone) Vodka

**I plan to prevent my relapse by the following strategies:**

I plan to prevent using alcohol again by attending three 12 step meetings a week and attending at least two Caduceus meetings per month. I will continue to see my counselor as recommended and try to follow his recommendations.

When I feel the urge to take a drink, I will contact my sponsor. I also realize now that my wife will be there to support me if things start to get tough. I know when I start to feel overwhelmed that I can turn to her for support and we can try to talk things through. My family is very important to me.

I also plan to get more involved with my teenage son's football team. I plan to volunteer to help the coach so my son knows how important he is to me. I would also like to do more family activities, like camping or bike riding, so that I can reduce my stress and enjoy spending time with my family.

**These are the names of people who I can contact for support.**

Name	Phone Number
<u>Jim Jones (Sponsor)</u>	<u>307-555-XXXX</u>
<u>Brian Glenn (friend)</u>	<u>307-689-XXXX</u>
_____	_____

This is my list of the good and bad things about using Vodka write in your own preferred substance)

Good	Bad
Helped me to relax and forget about my problems	The same problems were there when I "sobered up"
Calmed my nerves	I would go through withdrawals
	My RN license was in jeopardy because I was reported to WSBN
	I lost my job
	I received a DUI and spent a night in jail
	I am still paying for my attorney's fees and court costs
	I almost lost my family because they are sick of dealing with me.
	My son wants nothing to do with me. He says I embarrass him around his friends.

**These are my early warning signs before I relapse:**

I start to feel very anxious and nervous. Sometimes I feel like I can't breathe. I start to think about having a drink and how it would calm my nerves; making everything "ok" for a while.

**These are the activities I enjoy performing:**

Biking, horse back riding, dirt bike riding, boating and camping.

**These are the stressors in my life how they make me feel, and what I can do about them:**

Money is very tight, unable to pay bills on time. I get very nervous, I know my family is depending on me. I can realize that I am doing the best that I can right now. I can talk with my wife about how I am feeling and we can look at ways the family to cut back on expenses for a while until we can get caught up.

I just got a job that I applied for about 2 weeks ago. Part of me is very excited. This it is my dream job. However, I keep having thoughts that I can't do the work and that I will look like a failure to my family. I can discuss how I am feeling with my counselor and my sponsor. I need to remind myself that they hired me because they have faith that I can do the job. I will try to think positive.

**If I develop a strong urge to use (write preferred substance) Vodka or other substances that are harmful to me I will contact:**

My sponsor and my counselor. I will also talk with my wife so she is aware of what is happening.

**If I do, in fact, relapse, I will immediately contact:**

My sponsor

John Smith

7/29/2010

---

Signature

Date