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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Jones (Sponsor)</td>
<td>307-555-XXXX</td>
</tr>
<tr>
<td>Brian Glenn (friend)</td>
<td>307-689-XXXX</td>
</tr>
</tbody>
</table>
This is my list of the good and bad things about using **Vodka** write in your own preferred substance)

<table>
<thead>
<tr>
<th>Good</th>
<th>Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helped me to relax and forget about my problems</td>
<td>The same problems were there when I “sobered up”</td>
</tr>
<tr>
<td>Calmed my nerves</td>
<td>I would go through withdrawals</td>
</tr>
</tbody>
</table>

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, horseback 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 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