

Relapse Prevention

There are several ways to help yourself prevent relapsing.

- › Develop a daily relapse prevention plan(ask your counselor for assistance with this).
- › Have a strong social support system
 1. Have an accountability partner
 2. Parent or spouse
 3. Sponsor
 4. Physician
 5. Counselor
 6. Spiritual guide
- › Make a list of 10 reasons why you want to stay clean. Never forget those reasons. Read the list over and over to yourself.
- › Develop coping skills (again, ask your counselor if you need assistance).

Relapse Partners Guide

RJ Shavelson



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