

My Mini Relapse Prevention Booklet

Daily Minimum Requirements

What do I need to do EVERY DAY to maintain my wellness?

Social Supports

Name:
Phone #:
Role:

Name:
Phone #:
Role:

Name:
Phone #:
Role:

Triggers

What are some things that bring up uncomfortable emotions and/or sensations for me?

Letter to Self

What would you need to hear from yourself in a time of crisis?

Coping Skills Toolbox

What are some things I can do to distract or calm myself down?

What is the cost of relapse?

Pros

Cons



Times of HIGH RISK

Identify times or situations that could be high risk for relapse for me?
Example: Being around my family during the holidays.

Relapse Prevention Plan Workbook

Thomas Griffiths

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Relapse Prevention Plan Workbook:

This book delves into Relapse Prevention Plan Workbook. Relapse Prevention Plan Workbook is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Relapse Prevention Plan Workbook, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Relapse Prevention Plan Workbook
 - Chapter 2: Essential Elements of Relapse Prevention Plan Workbook
 - Chapter 3: Relapse Prevention Plan Workbook in Everyday Life
 - Chapter 4: Relapse Prevention Plan Workbook in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Relapse Prevention Plan Workbook. This chapter will explore what Relapse Prevention Plan Workbook is, why Relapse Prevention Plan Workbook is vital, and how to effectively learn about Relapse Prevention Plan Workbook.
 3. In chapter 2, this book will delve into the foundational concepts of Relapse Prevention Plan Workbook. The second chapter will elucidate the essential principles that need to be understood to grasp Relapse Prevention Plan Workbook in its entirety.
 4. In chapter 3, the author will examine the practical applications of Relapse Prevention Plan Workbook in daily life. The third chapter will showcase real-world examples of how Relapse Prevention Plan Workbook can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Relapse Prevention Plan Workbook in specific contexts. The fourth chapter will explore how Relapse Prevention Plan Workbook is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Relapse Prevention Plan Workbook. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Relapse Prevention Plan Workbook.

<https://crm.avenza.com/files/scholarship/Documents/scope%20grade%209%20technology%20test%20november.pdf>

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Relapse Prevention Plan Workbook Introduction

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