

RELAPSE PREVENTION

TOOLS FOR PREVENTION

1

RECOGNIZE TRIGGERS

When creating a relapse prevention plan, it's important to look at people, places, and things that triggers thoughts to start using again.

2

HOW TO MANAGE CRAVINGS

Cravings early in recovery are very hard to avoid. The goal is to come up with a plan to mitigate the risk of cravings turning into a relapse.

3

PREVENTION TOOLS

Tools are items such as meditation, support groups, and therapeutic techniques that make it much easier to avoid relapse.

4

SUPPORT GROUPS

Support groups such as AA, NA, Therapy Groups, etc. can lower your risk of relapse.

5

LIFE IMPROVEMENTS

Eating healthier, finding healthy activities, and changing the people you hang out with can fortify your recovery program.

Relapse Prevention Group Ideas

A Gutmann



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