

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

Yan Bai



Relapse Prevention Plan Workbook:

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