RECOVERY RUMBLE

My relapse prevention plan

Type into the boxes or print. Use short notes; keep a private saved copy.

Counselor review pending. Use with a qualified professional and your existing care plan.

1. My goal and why it matters

Use your own words. Add a date to revisit the plan.

2. Situations I want to prepare for

Name a place, time, interaction or feeling that needs a response.

3. Changes I notice before things get harder

Choose observable signs, such as skipping a check-in or withdrawing from support.

4. My first actions and go-to activities

If [situation], then I will [specific action]. Include an accessible alternative.

Support and next steps

Complete contact details with the people involved. Agree on availability.

5. First support contact: name, number and what I will ask

6. Backup contact or service, including hours

7. Care team or service: contact and after-hours instructions

8. Where I can go and how I will get there safely

9. If I return to use: who I will contact and what to reassess

10. Review date and one practical detail to check

U.S. treatment referrals: SAMHSA 1-800-662-HELP (4357), free and confidential, 24/7.
Suspected overdose or immediate danger: use local emergency services, not this worksheet.

Completed example

Fictional illustration about alcohol recovery. Not a case report or prescribed plan.

---

1. Goal and reason

Stay alcohol-free through the work celebration. I want a clear morning. Revisit this plan with my counselor on Monday.

2. Situation

Friday work gathering at a bar, especially when colleagues offer another round.

3. Warning signs

Ignoring my agreed check-in; telling myself I do not need an exit plan.

4. First actions and activities

If I feel pressured to drink, I will say, "No thanks," leave using my arranged ride and call my support person. At home I can sketch while we talk.

5. First contact

A trusted friend who has agreed to be available. Save their actual number privately. Ask: "Can you stay on the phone while I leave?"

6. Backup

A second agreed contact. Confirm their availability and save the number before Friday.

7. Professional contact

My counselor. Save the clinic number and follow its actual after-hours instructions. Do not assume the clinic is open all night.

8. Safe place and transport

Home, with a prearranged sober ride. If that ride is unavailable, use my agreed backup transport. Do not drive impaired.

9. Return to use

Contact my agreed support person and care team to discuss what happened and next steps. Use emergency services if there is immediate danger.

10. Review

Check the ride and both contacts before Friday. On Monday discuss which part of the plan needs changing.

Sources and further help

CAMH: Preventing and managing relapse

SAMHSA: Substance use disorder

SAMHSA: National Helpline

CDC: Naloxone and overdose response