Relapse Prevention Plan

Issue: _____

Complete the following statements with as many responses as you can think of to assist you in preventing a relapse on the issue that you are working on. Your issue may be depression, suicide, drugs, alcohol, sex, shopping, or something else.

Things I can do to prevent/cope with this:

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

Places I can go to prevent cope with this:

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

People I can call to prevent/cope with this:

Things I do well:

Things others have told me I do well:

Scriptures that help and comfort me:

Songs I can listen to for help, comfort and/or distraction:

What Has Helped Before to Cope:

For the Worst Days—Reasons to Hold on and Push Through:

Self-Assessment:

Here are a list of questions to help you assess yourself.

What are signs that I am doing okay? _____

_____

_____

_____

_____

_____

_____

What are the early warning signs that I am not doing well?_____

_____

_____

_____

_____

What can I do to help myself as well as what can others do to help me during this time?

_____

_____

_____

_____

_____

What do I not want? What does not help?_____

_____

_____

_____

_____

I know I need to get help when _____

_____

_____

_____

_____

_____

_____

Crisis Picture:

What does it look like when you are in crisis? _____

_____

_____

_____

_____

_____

When you are in a crisis, what helps most for you to do?_____

_____

_____

_____

_____

How do you decide to reach out when in crisis?_____

_____

_____

_____

What stops you from reaching out for help when in crisis?_____

_____

_____

_____

How do you decide when it's time to try something different?_____

_____

_____

_____

For the Worst Days—Reasons to Stay Abstinent:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Anything Else I Can Do To Prevent Relapse:

Affirmations to Prevent Relapse:

Hope Recovery Inc.

PO Box 411
Clinton, IN 47842

Email: recovery@hope4-recovery.org
Phone: (765) 505-8908

www.hope4-recovery.org

STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide support and compassion in the lives of adult survivors of abuse and sexual trauma.

VISION

To offer support and compassion as survivors make their way on the journey of recovery and healing.

Please contact your physician or therapist for further information on the issues addressed inside this literature.

Hotlines & Helplines

Suicide Crisis Lines:

The National Suicide Prevention Lifeline is available in the US to help when you're having suicidal thoughts, or someone you care about is.

www.suicidepreventionlifeline.org or call 800-273-8255

www.imalive.org

In other countries go to www.befrienders.org

Alcohol & Drugs:

Needing help to stop using alcohol or drugs? Contact the NCADD organization for information and referrals for help.

www.ncadd.org or call 800-622-2255.

Eating Disorders:

NEDA offers information, education and referrals for treatment and support for those struggling with eating disorders. They can be reached online through chat or by phone.

www.nationaleatingdisorders.org or call 800-931-2237

Hours: Mon—Thurs 9a to 9p
Fri 9a to 5p

National Sexual Assault Hotline:

RAINN offers reporting, information, education and support for those who have experienced rape or incest. They have both phone and online support available.

www.rainn.org or 800-656-HOPE (4673)

Veterans:

If you are a veteran or a family member of a veteran and you are seeking support, contact the Veterans Crisis Line.

www.veteranscrisisline.net or call 800-273-8255.