MY RELAPSE PREVENTION PLAN

Write in your own words. Skip anything. Keep it where you can find it, and share it with someone you trust.

Name (optional) **Date**

Overdose or not breathing: 911 · Suicide or crisis: call or text 988 · Poison Help: 1-800-222-1222

1. What are you protecting or working toward?

A person, a goal, a feeling. Anything that matters more than using.

2. When is using most likely for you?

Think about people, places, feelings, or times of day. Pick up to 3.

3. How will you get ahead of it?

For each one, pick something you can set up before it happens. What you'll do in the moment comes next.

When...	I'll get ahead of it by...

4. How do you know things are starting to slip?

Think about last time. What changed first? What would people close to you notice?

5. When a craving hits or you notice those signs, what will you do first?

Pick 2 or 3 and put them in order.

1.	2.	3.

6. Who can you reach out to?

Up to 3 people.

Name	Phone	Can help with:

If they notice your warning signs, what would you want them to do?

7. If you use again

A return to use doesn't erase your progress. Here's a starting plan. Change anything.

- Stay safe. I won't use alone.
- Reach out to someone on my list.
- Tell my counselor or doctor what happened, honestly.
- Come back to this plan and update it.

Keep this in mind:
After a break, your body can't handle what it used to. That makes overdose more likely. Keep naloxone (Narcan) nearby. You can buy it without a prescription. If someone won't wake up or isn't breathing well, call 911.

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NOTES FROM MY COUNSELOR, SPONSOR, OR CARE TEAM