



EMMA GERASIMATOS



RELAPSE PREVENTION PLAN

Name:

Date:



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What are my goals?

1.

2.

3.

4.

Four reasons for not using alcohol or drugs?

1.

2.

3.

4.

Four things I can do instead of using alcohol or drugs?

1.

2.

3.

4.

External Triggers

What are my high risk situations (people, places, things, situations)	Coping strategies (what can I do differently)

Internal Triggers

What are my high risk Feelings & Emotions?	Coping Strategies (what can I do differently)
Anger/ Frustration/ Resentfulness	
Hurt (rejection)	
Boredom	
Anxiety	
Depression	
Loneliness	
Stress	
Isolation	
Exhaustion	
Hopelessness	
Frustration	

Social Pressure	
Self-Pity	

What are my high risk thoughts?

Negative Thoughts	Replacement Thoughts
We need to retrain our brains to stop thinking: • Of idolising our using or drinking days • being around other users or drinkers is ok • having a couple is just fine • its ok no one will know • no one cares • I can justify this • I'm entitled, it's my life • I'll feel better • Its only just this time • I deserve to just have this one drink • I need something to calm me.	Change thinking • It's never just one • This never ends well • I've been clean and sober for 3 months • Where will this take me • I don't drink or use anymore • Not an option • I remember what happened last time • Who cares anyway • I don't need to justify being clean or sober. • I can sooth myself
What are some of my negative thoughts?	What can you replace these with?

What are some of my physical reactions?

• Agitated • Depressed • pressure in my head • agitated muscles • tension headaches • nervous adrenalin energy • Mini rushes and intense thoughts about using or having a drink • Dry mouth • Salivating • Strong emotions • Fast shallow breathing • Butterflies in stomach • Tense muscles • Pacing • Fidgety	
What are some of my physical reactions?	What can I do about these?

What are my high risk behaviours?

• Risk taking drugs or drinking • Unsafe sex • High speed driving • Drug or drink driving • Mood change • Talk too much • Hurt people • Forget what I've said • Get over emotional • Black out	
What are some of my high risk behaviours?	What can I do about these?