**RELAPSE DEFENSE PLAN**

# *‘If you know the enemy and know yourself, you need not fear the result of a hundred battles.’*

# *-Sun Tzu*

1. WHY are you making this life change? **The How Bad Effect. What is your Motivation? What is different this time around?**

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1. Have you addressed any lingering mental health issues? Are you a Dual-Diagnosis? **This must be done PRIOR to embarking on your journey of recovery.**

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1. Refer back to the *Relapse Diagnosis* worksheet and list the toxic/negative behaviors, thoughts and actions that are present in your life. **Beware:** t**hese warning signs WILL lead to relapse.**

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1. What is your ‘escape plan’ when confronted with the triggers, temptations and urges that are common during early sobriety? **Ex. ‘Call my Accountability Partner every time I feel like taking anything.’**

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1. Write all of the personal relapse triggers from the *Relapse Diagnosis* worksheet. **Try to be constantly aware of these triggers during the first year of sobriety.**

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6. What was the cause of your most recent relapse? **Be on the lookout for this ‘red flag’ in your daily life.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Write the name of your Accountability Partner/Sponsor. **Try to talk to them daily during early sobriety.**

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8. List the ‘Building Blocks’ that will be supporting your recovery. Refer to the *Relapse Diagnosis* worksheet. **A strong recovery foundation is essential for relapse prevention – consider adding the ‘Four Cornerstones of a Rock-Solid Recovery’ from the *Relapse Defense* infographic to your overall plan of attack.**

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9. Write an attainable recovery goal for your first year of sobriety. **Ex. ‘I will not talk to any of my friends that still party.’**

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**Important Tips to Keep in Mind:**

1. No sex/serious new relationships for 1 year. 2. Geographical relocation can be a life-saver.

3. No substances of any kind (marijuana, social drinking). 4. Avoid boredom (at all costs) for first year.

5. Remember: Slips do not = relapse. Make certain it is a **one-time** occurrence and **LEARN FROM IT**.

6. Get New: Phone number, Friends, Hobbies, Music/T.V. 7. Be cautious with legal (mind-altering) p  prescriptions.