

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?

2 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.

3 Refer back to the *Relapse Diagnosis* worksheet and list the toxic/negative behaviors, thoughts and actions that are present in your life. **Beware: these warning signs WILL lead to relapse.**
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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

5 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.
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

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.

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.
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

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.'

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) prescriptions.