

Important Components of a Relapse Prevention Plan

- ⇒ **Professional Monitoring** – Are you involved in drug and alcohol treatment? With whom?
- ⇒ **Self-Help Group Involvement** – What self-help groups do you attend? How often?
- ⇒ **Daily Inventories** – What are your daily priorities? How do you track them? How do you deal with triggers that come up during the day?
- ⇒ **Trigger Identification and Planning** – What are your major triggers? How do you deal with them?
- ⇒ **Personal Supports** – Who do you have close to you that is supportive? Will they help you in crisis? How?
- ⇒ **Physical Care** – Do you exercise? Eat right?
- ⇒ **Prompt Problem Solving** – How do you problem solve? What is your plan to deal with daily life problems? Give examples...
- ⇒ **Relaxation** – What do you do for fun or leisure? How do you relax?
- ⇒ **Spiritual Development** – How do you meet your spiritual needs (not necessarily religious, meditation, relaxation, etc)
- ⇒ **Balance Living** – How do you define healthy relationships? How do you review if your plan is working?