

Important Components of a Relapse Prevention Plan

- ⇒ Professional Monitoring
- ⇒ Self-Help Group Involvement
- ⇒ Daily Inventories
- ⇒ Trigger Identification and Planning
- ⇒ Personal Supports
- ⇒ Physical Care
- ⇒ Prompt Problem Solving
- ⇒ Relaxation
- ⇒ Spiritual Development
- ⇒ Balance Living

