**Relapse Prevention: Planning for Long-Term Success**

**Purpose:**
Relapse is not a sign of failure—it is part of the journey for many. Recovery is a continuous process of growth, and every step, including moments of struggle, can be an opportunity to learn and strengthen your commitment. Relapse prevention is not about perfection but about preparation. It’s the proactive work of understanding your vulnerabilities, recognizing patterns, and equipping yourself with tools to navigate life’s challenges without turning to old habits.

The human brain, shaped by addiction, often clings to familiar patterns when faced with stress, boredom, or emotional upheaval. Relapse prevention is about interrupting those patterns, creating space for healthier responses, and staying aligned with your recovery goals. It is a plan—a roadmap to keep you grounded, even when the road becomes rocky.

This worksheet will guide you in identifying your triggers, assessing high-risk situations, and developing strategies to stay resilient. By preparing for the challenges ahead, you can transform moments of vulnerability into opportunities to affirm your strength and commitment to a healthier future.

**1. Understanding Your Triggers**
Triggers are the sparks that ignite cravings, often setting the stage for relapse if unaddressed.

What are some external triggers (e.g., people, places, or situations) that you’ve noticed in your recovery?

What are some internal triggers (e.g., emotions, thoughts, or physical sensations) that tend to put you at risk?

**2. Assessing High-Risk Situations**
Certain situations can heighten the likelihood of relapse by increasing stress, temptation, or emotional vulnerability.

What types of situations do you find most challenging in maintaining your recovery?

What steps can you take to either avoid or prepare for these situations?

**3. Building Your Relapse Prevention Plan**
A relapse prevention plan is a personalized toolkit that helps you stay grounded and intentional in your recovery.

What are three specific strategies or practices you can include in your relapse prevention plan? (e.g., practicing mindfulness, calling a trusted friend, engaging in a hobby)

How will these strategies help you respond to cravings or triggers more effectively?

**4. Strengthening Your Support Network**
A strong support system provides encouragement, accountability, and perspective when you need it most.

Who are the people or groups you can rely on for support during challenging times?

How can you strengthen your connections with these sources of support?

**5. Learning from Past Relapses**
If you’ve experienced relapse in the past, it can be a valuable teacher, offering insights into patterns and vulnerabilities.

Reflect on a previous relapse. What circumstances or triggers contributed to it?

What changes can you make to reduce the likelihood of relapse in the future?

**6. Practicing Self-Compassion**
Relapse can be accompanied by feelings of shame or guilt, but self-compassion reminds you that recovery is a process, not a test of worthiness.

How can you remind yourself that relapse, if it occurs, does not define your recovery journey?

What does it look like to treat yourself with kindness and patience when you face setbacks?

**7. Staying Focused on Your Goals**
Relapse prevention is rooted in a clear vision of what recovery means to you and why it matters.

What motivates you to stay committed to your recovery?

How can you keep these motivations front and center in your daily life?

**Conclusion:**
Relapse prevention is a process of empowerment, equipping you with the tools, awareness, and support to navigate life’s challenges while staying true to your recovery. It is not about avoiding every struggle but about responding to them with intention and resilience. By understanding your triggers, planning for high-risk situations, and building a strong support network, you are laying the groundwork for long-term success. Remember, recovery is not measured by the absence of struggle but by your commitment to rise again, stronger and wiser, each time you face it.