



Your recovery tools

RELAPSE PREVENTION PLAN

A relapse is rarely an accident; it is usually preceded by recognisable signals. Fill in this plan calmly, ideally together with your therapist. This is your personal safety map, one you can always come back to.

1 My triggers

Situations, places, people, times of day and emotions that raise the risk. The more specific, the better.

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2 Early warning signs

What happens inside me when risk approaches: thoughts, mood, body, behaviours.

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3 What helps me

My healthy strategies: breathing, movement, talking, leaving the situation, spiritual practice.

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4 My circle of support

People I can turn to, along with their phone numbers.

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5 My high-risk situation plan

Steps I will take before I react. Write them so they are easy to remember.

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Remember: *cravings and strong emotions pass, usually within a matter of minutes. Pause, breathe and call someone from your circle before you make any decision. Asking for help is strength, not weakness.*