



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.*



Keep it with you always

CRISIS CARD

Cut out the card along the dashed line and keep it in your wallet or phone. In a hard moment you don't need to remember everything; just reach for this small plan.

✂ cut out

When things get hard, I do this, step by step:

1. I pause and take 6 calm, slow breaths.
2. I name what I feel and ask: what need is behind it?
3. I change my surroundings and leave the risky situation.
4. I call someone from my circle of support.
5. I remind myself: this will pass, and I am not alone in it.

H

Hungry

have something to eat

A

Angry

release the tension

L

Lonely

call someone

T

Tired

get some rest

HALT: before you give in to temptation, check whether you are Hungry, Angry, Lonely or Tired. These are common, hidden triggers.

Support helplines (free)

+48 537 677 773

Zeus Detox & Rehab centre, contact our team.

112

Emergency number, when life or health is at risk.

116 123

Crisis Helpline for adults in emotional crisis.

800 199 990

National 'Addictions' Helpline (alcohol, drugs, medication).

801 889 880

Helpline for people with behavioural addictions.

My support people:

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A daily moment for yourself

RECOVERY JOURNAL

In the evening, take a few minutes to pause over the passing day. It's not about pretty words, but about honest contact with yourself. You can copy each page for your whole stay.

Date:

Day of stay:

● **How do I feel today?**

calm

hope

gratitude

anxiety

sadness

anger

tiredness

pride

relief

longing

● **My intention for today** *what I want to bring into this day*

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● **What I am grateful for today**

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● **Today I took care of myself by...**

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● **A hard moment and how I coped with it**

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● **What I learned about myself today**

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● **A thought or a small intention for tomorrow**

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Speak about yourself, don't accuse

'I' STATEMENTS AND ASSERTIVENESS

An 'I' statement lets you express what you're going through without attacking the other person. Instead of "you always...", you speak about your own feeling and need. This eases tension and opens up conversation.

When...	describe the fact without judgement. <i>e.g. "When I hear a raised voice..."</i>
I feel...	name your emotion. <i>"...I feel uneasy..."</i>
because I need...	point to the need beneath the emotion. <i>"...because I need calm and respect..."</i>
please...	make a specific, doable request. <i>"...please, let's talk more calmly..."</i>

I have the right

- ✓ to have my own opinion and express it
- ✓ to say "no" without feeling guilty
- ✓ to make mistakes and learn from them
- ✓ to ask for help and support
- ✓ to change my mind

Simple techniques

- ✓ a calm "no", without lengthy explaining
- ✓ the "broken record": calmly repeat your point
- ✓ separate the person from their behaviour
- ✓ speak plainly, make eye contact, keep a calm tone

Write your own 'I' statement



They protect your recovery

SETTING AND KEEPING BOUNDARIES

Boundaries show where 'I' end and another person begins. They are not a wall or a punishment, but a way of caring for yourself and for the relationship. In recovery they can be the most important tool of all.

How to set a boundary

- ✓ keep it short and specific
- ✓ speak about yourself, not the other person's flaws
- ✓ you don't have to explain or apologise
- ✓ repeat calmly if needed
- ✓ be consistent

Example phrases

- ✓ "No, I can't manage today."
- ✓ "I need some quiet right now."
- ✓ "This is too much for me."
- ✓ "Let's talk about it tomorrow."
- ✓ "I need this to be respected."

Boundaries I want to keep

Toward whom or what, and exactly how my boundary sounds.

A difficulty I foresee, and how I'll handle it



You don't have to do this alone

SUPPORT MAP

Recovery is easier within relationships. Write down who is in your circle and exactly what you can count on each person for.
Come back to this map when things get hard.

Closest people

Family, friends. Who helps, and with what?

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Community and support group

Meetings, sponsor, people from the fellowship.

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Specialists and the centre

Therapist, psychologist, doctor, the Therapeutic Team.

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Helplines and urgent help

Helpline numbers, contact to the centre: +48 537 677 773.

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When things get hard, start with your closest circle and simply call. Asking for help is part of recovery, not a sign of weakness.



The foundation of recovery

SLEEP HYGIENE

Sleep rebuilds the body and the nervous system, and good sleep supports emotional stability and resilience against cravings. A few simple habits genuinely improve its quality.

During the day

- ✓ get up and go to bed at regular times
- ✓ catch some daylight in the morning
- ✓ stay active, but not right before bed
- ✓ limit caffeine after the early afternoon
- ✓ avoid long naps

In the evening

- ✓ put screens away an hour before bed
- ✓ dim the lights, quiet the stimulation
- ✓ keep a ritual: breathing, a warm shower, reading
- ✓ keep the bedroom cool, dark and quiet
- ✓ if you can't fall asleep for about 20 minutes, get up and do something calm

My evening ritual for good sleep

Simple steps I'll take each evening to wind down.



What matters to me

VALUES AND WHEEL OF LIFE

Rate the areas of your life and see where you want to restore balance.



How to fill it in

- ✓ rate each area on a scale from 0 to 10
- ✓ mark a point on each spoke and join the points
- ✓ see where the wheel is "flat"
- ✓ choose 1 or 2 areas to work on first

Values that matter to me (circle a few)

freedom health family honesty growth calm friendship spirituality responsibility courage
gratitude respect closeness agency meaning joy stability helping creativity dignity

Three values I want to be guided by in recovery:



An honest look

COSTS AND BENEFITS

Pause and look honestly at both sides. This exercise strengthens motivation and reminds you why you are recovering, especially on the harder days.

What my addiction gave me

Apparent gains, relief, escape.

What it cost me

Health, relationships, work, sense of self.

What I gain by recovering

Now and in the longer term.

What can be hard in recovery

Costs and challenges I'm preparing for.

Why I am recovering: *write it in one strong sentence you can come back to.*



Look ahead with hope

A LETTER FROM YOUR FUTURE SELF

Imagine yourself a year from now, in recovery. Write a letter from that future version of you to the you of today. What do you want to say, to remind yourself of, to give thanks for?

Dear

I'm writing to you from the future. A year has passed since you chose to take care of yourself. I want to tell you that...

With tenderness, your future self.