

# Substance Relapse and Crisis Prevention Plan

1 The early warning signs that I may be about to relapse to alcohol or drugs are

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

*Examples:* going to places where I used drugs or drank alcohol; hanging out with people I used or drank with; having cravings; coping with negative feelings such as fear, anger, or sadness; having problems sleeping; isolating myself; needing to feel comfortable dealing with people



2 Feelings I experience when I want to start using are

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

*Examples:* anger, sadness, boredom, nervousness, guilt, shame, excitement, overwhelmed, self-confidence, fear of people, confusion, loneliness, resentment, despair, fatigue



3 The plan to be implemented when these early warning signs or feelings appear:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

*Examples:* call my doctor, sponsor, counselor, or a person who supports my recovery; go to a peer support group meeting



4 Names and numbers of people who support me:

► Doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

► Counselor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

► Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

► Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

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Having a support system in place is an essential part of your crisis prevention plan.

