

RELAPSE PREVENTION

COPING SKILLS: List activities or skills you enjoy that can get your mind off of relapsing?

1	
2	
3	

SOCIAL SUPPORT: Who are three people you can talk to if you are thinking about relapsing?

1	
2	
3	

CONSEQUENCES: How will your life change if you relapse? How about if you stay in recovery?

OUTCOMES OF RELAPSE	OUTCOMES OF RECOVERY

TIPS TO AVOID RELAPSE:

- Urges will eventually fade. Try to distract yourself and persevere through them.
- Stay vigilant, as relapse can occur even years after quitting.
- Steer clear of situations that might tempt you to relapse.
- The choice to relapse often begins with exposing yourself to risky scenarios.
- Remember, relapse is not a failure.