RELAPSE PREVENTION PLAN

xxxx Job Corps Center

**COPING SKILLS:** LIST ACTIVITIES OR SKILLS YOU CAN USE TO KEEP YOUR MIND OFF USING

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| **1.**  |
| **2.**  |
| **3.**  |

**SOCIAL SUPPORT:** WHO ARE THREE PEOPLE YOU CAN TALK TO IF YOU ARE THINKING ABOUT USING DRUGS?

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| **1.**  |
| **2.**  |
| **3.**  |

**CONSEQUENCES:** HOW WILL YOUR LIFE CHANGE IF YOU RELAPSE? HOW ABOUT IF YOU STAY SOBER?

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| **OUTCOMES OF RELAPSE**  | **OUTCOMES OF SOBRIETY**  |
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**TIPS TO AVOID RELAPSE:**

* CRAVINGS WILL EVENTUALLY PASS—DO YOUR BEST TO DISTRACT YOURSELF AND STAY BUSY
* DON’T BECOME COMPLACENT. RELAPSE CAN COME YEARS AFTER YOU HAVE QUIT, SO IT WILL LIKELY NEVER BE SAFE TO “HAVE JUST ONE”.
* AVOID SITUATIONS THAT PUT YOU AT RISK FOR RELAPSE—HANGING OUT WITH FRIENDS THAT USE, OR VISITING PLACES THAT REMIND YOU OF USING
* DON’T VIEW RELAPSE AS A FAILURE. GOING BACK TO OLD PATTERNS BECAUSE OF A SLIP-UP WILL ONLY MAKE THE SITUATION FIRST
* SEEK HELP IF YOU FEEL LIKE YOU WANT TO USE—USE YOUR SUPPORT SYSTEMS AND COPING

SKILLS

STUDENT SIGNATURE DATE

TEAP SPECIALIST SIGNATURE DATE