My Relapse Prevention Plan

Write in pencil. This plan will change as you grow, and that's how it should be. Go over it with your sponsor or another person in recovery, then keep it somewhere you'll see it.

1. Why I'm staying sober

1. Why did I stop drinking? Write the real reasons, in your own words.

2. What has sobriety already given back to me?

3. Who else is counting on me to stay sober, and what do I want them to see?

2. My warning signs

A relapse usually starts long before the drink. Tick the signs you know in yourself. When you notice two or more, call someone that day.

- [ ] Skipping meetings, or coming late and leaving early
- [ ] Not calling my sponsor or anyone in recovery
- [ ] Letting prayer and reading slide
- [ ] Keeping secrets, even small ones
- [ ] Thinking “I could handle one” or “it wasn't that bad”
- [ ] Remembering the good times and forgetting the rest
- [ ] Staying home, pulling away, not answering the phone
- [ ] A resentment I keep replaying
- [ ] Getting too hungry, angry, lonely or tired
- [ ] Going places where people drink “just to see friends”
- [ ] Mine: _____

3. My triggers

A trigger is anything that stirs up the urge to drink: a person, a place, a feeling or a time of day. Name your real ones and decide now what you'll do, so you're not deciding in the moment.

Trigger	Kind (person, place, feeling, time)	What I'll do instead
Friday after work	*Time*	*Drive straight to the 6 pm meeting. Call my sponsor from the car.*

4. What I'll do when the urge hits

- [ ] Pray, out loud if I can: “God, take this from me for the next hour.”
- [ ] Call someone on my list before I do anything else
- [ ] Leave the place I'm in
- [ ] Eat something, drink water, rest if I'm worn out
- [ ] Get to a meeting today, in person or online
- [ ] Play the tape forward: where does one drink really end?
- [ ] Read a page of the book or a psalm
- [ ] Wait 20 minutes. Urges rise and then they fall.

1. My first three moves, in order, when I want to drink:

5. My people

Put at least five names here, and call one of them before you need to. It's much easier to call in a crisis if you've called on an ordinary day.

Name	Phone	Who they are	Best time to call
Mike R.	*(555) 010-2234*	*Sponsor*	*Any time*

6. My meetings

Day	Time	Meeting	Where, or the link
Tuesday	*7:00 pm*	*Tuesday Night Step Study*	*First Baptist, side door*

7. My daily plan

Staying sober is a daily thing. Alcoholics Anonymous calls it a daily reprieve that depends on keeping up your spiritual condition (p. 85 in the fourth edition). Tick what you'll do every day.

- [ ] Morning: ask God to keep me sober today and to show me His will
- [ ] Read: a page of the book and a little Scripture
- [ ] Call one person in recovery, even just to say hello
- [ ] Go to a meeting, or know which one I'll go to next
- [ ] Do one thing for someone else
- [ ] Eat real meals and get to bed on time
- [ ] Night: look back over the day, admit what went wrong, and thank God (p. 86)

8. If I slip

A slip is serious, and it is not the end. God doesn't give up on you, and neither do the people who love you. Shame says hide. Grace says come back today.

- Stop. One drink doesn't have to turn into a run.
- If you've been drinking heavily for more than a day or two, don't stop alone. Call your doctor first. Quitting suddenly can be dangerous.
- Call your sponsor within the hour and tell the truth.
- Get to a meeting today and tell someone what happened.
- Pray. Ask God to forgive you, then believe Him that He has.
- Later, with your sponsor, look back calmly: which warning signs showed up first? Add them to this plan.
- Start again. A new sobriety date doesn't erase what you've learned.

1. The first person I'll call if I slip:

2. What I'll say to myself instead of “I've blown it”:

9. Crisis numbers and my doctor

- 988 Suicide & Crisis Lifeline: call or text 988, any time, day or night.
- 911 for any emergency, including a seizure, confusion, or seeing or hearing things that aren't there.
- National Domestic Violence Hotline: 1-800-799-7233, if anyone at home is hurting you or you're afraid.
- Withdrawal from alcohol can be dangerous. If you shake, sweat, can't sleep, or feel your heart racing after you stop, call your doctor or go to the ER. Never stop or change a medication without asking your doctor.

1. My doctor's name and phone:

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2. My nearest emergency room:

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3. Medicines I take (so I can tell a doctor):

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1. Signed, and the date:

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2. Went over this plan with (name), on (date):

SCRIPTURE

> *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*
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> 1 CORINTHIANS 10:13 · ESV

> *"for the righteous falls seven times and rises again, but the wicked stumble in times of calamity."*
>
> PROVERBS 24:16 · ESV

> *"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."*
>
> LAMENTATIONS 3:22-23 · ESV