

## My Relapse Prevention Plan

What skills am I using now that are helpful (e.g., planning pleasurable activities, getting some exercise, seeing friends on a regular basis):

Who will support me in keeping these activities up over time?

What sorts of situations might trigger problems for me in the future and how can I prepare for them?

What would be the first signs that I was backsliding?

What would I do to help myself?

How would I know I needed to come back to the clinic for a booster?

*Figure 10.12.* Example of a relapse prevention plan that BHCs can use as an educational tool for PCPs and RNs and an intervention for patients.