

Northern District of Iowa  
UNITED STATES PROBATION and PRETRIAL SERVICES

RELAPSE PREVENTION PLAN

Name:

Date:

It is important to plan for preventing a relapse. This worksheet is to assist you in determining what your thoughts and actions were prior to and throughout your relapse. It is also to help you develop specific plans and actions to prevent the relapse process from occurring in the future. Tips will be given to assist in this process. Past and present consequences of using will also be explored. You are making a commitment to follow through on these actions by writing down what you intend to do. In your responses be as specific and honest as possible. You will be asked to submit your completed plan to your supervising officer who will provide you with a copy.

LIFESTYLE IMBALANCE

Remember the Wellness Module from the Residential Drug Abuse Program. If you did not have the benefit of completing Residential Drug Abuse Program, wellness is complete physical and emotional well-being by practicing positive lifestyle behaviors. The more balance one has in their life, the less stress they should experience, and therefore the lower the chances of relapse. The six major components of wellness are:

1. **Physical Health:** considers optimal physical functioning. This dimension identifies positive habits as those that include regular exercise, sound nutritional practices, adequate sleep, and the avoidance of alcohol intake or other substance abuse.
2. **Emotional Well Being:** considers the optimal management of emotional states. This area involves the positive management and expression of one's emotion. It is important for either the chemically dependent offender or anyone to experience more positive than negative emotional states.
3. **Community Involvement:** considers the degree to which you are involved in healthy social networks. This area places importance on developing and maintaining intimate relationships and friendships.
4. **Intellectual Pursuit:** considers the degree to which you can think clearly. This area involves the ability to think critically and independently and apply basic reasoning skills.
5. **Spiritual Living:** considers our exploration of meaning, value and purpose in life.
6. **Occupational Effectiveness and Satisfaction:** considers our ability to find meaningful work that satisfies fundamental needs. This dimension considers positive habits as those that include the identification of work values, development of successful work strategies to increase effectiveness and satisfaction, and our ability to manage stress in the workplace.

Remember one should maintain balance in all six areas of one's wellness. Each week, review your wellness balance to determine where more or less of your time needs to be spent.

Currently, I am likely to spend too much time at \_\_\_\_\_ and too little time at \_\_\_\_\_.

During a week, I will spend the following amounts of time on these activities:

1. work \_\_\_\_\_
2. with spouse or significant other \_\_\_\_\_
3. with children \_\_\_\_\_
4. on treatment and aftercare \_\_\_\_\_
5. exercise (write specific exercise) \_\_\_\_\_
6. hobbies (write specific-hobby) \_\_\_\_\_
7. with nonusing friends (can include AA, NA, etc.) \_\_\_\_\_
8. on spiritual matters \_\_\_\_\_
9. sleep \_\_\_\_\_
10. household chores (be specific) \_\_\_\_\_
11. eating \_\_\_\_\_
12. others \_\_\_\_\_

### MOST RECENT RELAPSE

In short, what happened with your most recent relapse? What went wrong? Specifically explain the day of your most recent drug/alcohol use. What were your thoughts and actions before during and after your relapse? What was going on in your life? Who were you associating with?

## WARNING SIGNS

I will watch for warning signs that I am headed for a high risk situation. The following are warning signs for me (circle all that apply):

- |                                                           |                                                   |
|-----------------------------------------------------------|---------------------------------------------------|
| 1. anger                                                  | 21. stress at work                                |
| 2. depression                                             | 22. holiday parties                               |
| 3. hanging out with old friends                           | 23. winter                                        |
| 4. boredom                                                | 24. frustration                                   |
| 5. loneliness                                             | 25. impatience                                    |
| 6. fatigue                                                | 26. complacency                                   |
| 7. sleeping poorly                                        | 27. isolating                                     |
| 8. weight loss or gain                                    | 28. sexual dissatisfaction                        |
| 9. overconfidence                                         | 29. high expectations for others, self            |
| 10. getting cocky                                         | 30. not being able to be alone                    |
| 11. having a chip on my shoulder                          | 31. problem with someone telling me<br>what to do |
| 12. not communicating with important<br>people in my life | 32. fight with spouse                             |
| 13. breaking promises                                     | 33. anxiety                                       |
| 14. lying                                                 | 34. thinking about past use                       |
| 15. too much free time                                    | 35. glamorizing past use                          |
| 16. stopping a routine                                    | 36. could care less attitude                      |
| 17. going back to old places                              | 37. blaming others                                |
| 18. stopping attendance at AA/NA                          | 38. writing off responsibilities                  |
| 19. getting or losing a job                               | 39. ignoring things hoping they will<br>go away   |
| 20. breaking up                                           | 40. others-list _____<br>_____<br>_____           |

I have the most trouble wanting drugs or alcohol in these 3 situations.

- 1.
- 2.
- 3.

When you face these situations now, what will you do instead of using?

## FIVE TIPS FOR HANDLING CRAVINGS TO USE

### Tip #1- THINK BEYOND THE HIGH

Think of the negative consequences of using-in the past and future. Think of the benefits of not using. Challenge your excuses and justifications for getting high/drunk.

Throughout your life, what have been the consequences of using drugs/alcohol? (legal, family, personal)

List at least three immediate negative consequences of using drugs/alcohol in the future?

- 1.
- 2.
- 3.

List at least three positive benefits of not using drugs/alcohol?

- 1.
- 2.
- 3.

What are two of your short term goals (within the next year) and two of your long term goals (within the next five years)?

#### Short term goals

- 1.
- 2.

#### Long term goals

- 1.
- 2.

How will the above goals be affected if you use drugs/alcohol?

What excuses have you used to justify getting high/drunk when you have had cravings?

**Tip #2- LEAVE OR CHANGE THE SITUATION**

Remove yourself from the situation that is triggering or aggravating your craving. Distract yourself with pleasant thoughts and activities. Go to an Alcoholics Anonymous or Narcotics Anonymous meeting.

List at least three positive activities you could immediately turn to in response to a craving.

- 1.
- 2.
- 3.

**Tip #3- GET HELP**

Reach out to someone in your support system. Talk out your cravings with that person, either face-to-face or on the telephone. Keep in your wallet or purse the names and telephone numbers of people you can talk to about your cravings.

List the names and telephone numbers of at least three people you could call when you have a craving.

Name

Telephone

- 1.
- 2.
- 3.

List three self help groups in the community you could attend.

	Location	Day/Time
1.		
2.		
3.		

Tip #4- **DON'T GIVE UP, NO MATTER WHAT!**

Remember, cravings are temporary especially when immediate action is taken to short-circuit them. Cravings are normal and don't have to lead one to use drugs/alcohol. None of your current problems will be solved by using drugs/alcohol. Recall and restate your reasons for wanting to be drug free.

What goals do you want to accomplish by remaining abstinent from drugs/alcohol?

Tip #5- **DELAY YOUR DECISION**

Put off your decision to use drugs/alcohol, even for fifteen minutes at a time. Remember, urges are like waves-they crest and then recede. Ride out the urge until it recedes.

What types of thoughts and activities might help you ride out the craving until it recedes?

Thoughts:

Activities:

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Date

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Signature