



Activity 3: Relapse Action Plan

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List one of your top relapse warning signs below

Relapse Warning Sign: statements from the card front	Relapse Phase: from colored card back
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Read the relapse warning sign and corresponding Phase Definition Cards and complete the table below .

What I Do Now	My New Plan
1 Description — I know I'm in trouble with my recovery when I...	Recovery Activities — The recovery activities I will use to manage these warning signs are...
2 Thoughts — When I experience this warning sign I tend to think...	Managing Thoughts — A new way of thinking to help me manage this warning sign is...
3 Feelings — When I experience this warning sign I tend to feel...	Managing Feelings — A new way of managing my feelings is...
4 Urges — When I experience this warning sign I have an urge to...	Managing Urges — A new way of managing my urges is...
5 Actions — When I experience this warning sign I actually do this...	Managing Actions — A new way of managing my actions is...
6 Reactions — I tend to invite others to become part of my problem by...	Managing Reactions — A new way of inviting people to help me is...