



RELAPSE PREVENTION

Congratulations on completing your treatment at Spero Recovery! As you transition back into your daily life, it's essential to have a solid relapse prevention plan in place. This plan will help you identify potential triggers, set clear goals, and outline the steps to take if you find yourself struggling.

Remember, recovery is a journey. Having a plan can make all the difference in maintaining your progress.



PERSONAL TRIGGERS

Identify situations, people, or emotions that may trigger cravings or negative thoughts.

What specific situations or environments have triggered cravings in the past?

Are there particular people or places that could pose a risk to your sobriety?

How do stress, anxiety, or other emotions affect your urge to use?

My triggers...



EARLY WARNING SIGNS

Recognize the signs that you may be at risk of relapse.

What behaviors or thoughts indicate that you might be struggling?

How do you know when you're feeling overwhelmed or slipping into old patterns?

My early warning signs...



COPING STRATEGIES

List some healthy coping mechanisms and techniques you can use when faced with triggers or warning signs.

What activities or practices help you stay grounded and focused on your recovery?

How can you distract yourself or redirect your energy when cravings arise?

Are there specific relaxation techniques or hobbies that help support your well-being?

My coping strategies...



SUPPORT SYSTEM

Identify the people and resources you can rely on for support.

Who are the trusted friends, family members, or mentors you can call if you're struggling?

What support groups, meetings, or therapy sessions will you attend regularly?

How will you communicate your needs to those in your support network?

My support system...



DAILY AND WEEKLY GOALS

Set specific, achievable goals to keep yourself focused and motivated in your recovery.

What daily habits will you maintain to support your sobriety?

What weekly activities will help you stay connected to your recovery community?

How will you track your progress and celebrate milestones?

My goals...



EMERGENCY ACTION PLAN

Outline steps to take if you feel you're on the verge of relapse or have relapsed.

What immediate actions will you take if you feel at risk of relapsing?

Who will you contact first in an emergency situation?

What steps will you follow to get back on track if you relapse?

My emergency action plan...



SUPPORT

List those in your support system whom you can reach out to in case of emergency. For your convenience, write out names and include their phone numbers.

My emergency support system...



LONG-TERM VISION

Reflect on your long-term goals and how staying sober aligns with your vision for the future.

What do you want your life to look like in the next year, five years, or ten years?

How does maintaining sobriety help you achieve your personal and professional goals?

What motivates you to continue on this path of recovery?

My long-term vision...

Your relapse prevention plan is a living document. Review and update it regularly to reflect your growth and changing circumstances. Keep this plan in a place where you can easily access it, and remember that you have the strength, support, and resources to maintain your recovery.

If you ever find yourself struggling, reach out. You're not alone on this journey.

CONTACT INFORMATION

SPERO RECOVERY SUPPORT TEAM

(888) 815-9111

EMERGENCY CONTACT

Name / Relationship / Phone number

