

### 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

Are there particular people or places that could

triggered cravings in the past?

affect your urge to use?

pose a risk to your sobriety?

How do stress, anxiety, or other emotions

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...



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

**COPING STRATEGIES** 

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?

hobbies that help support your well-being?

Are there specific relaxation techniques or

My coping strategies...

My support system...



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

**SUPPORT SYSTEM** 

What support groups, meetings, or therapy

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

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

sessions will you attend regularly?

motivated in your recovery.



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

Y AND WEEKLY GOALS

How will you track your progress and celebrate milestones?

Set specific, achievable goals to keep yourself focused and

What immediate actions will you take if you

What daily habits will you maintain to support

( )

My goals...



# Who will you contact first in an emergency situation? What steps will you follow to get back on track

**EMERGENCY ACTION PLAN** 

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

My emergency action plan...

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

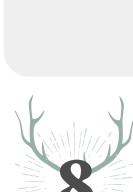
SUPPORT

My emergency support system...

have relapsed.

if you relapse?

feel at risk of relapsing?



include their phone numbers.

with your vision for the future.

What do you want your life to look like in the

Reflect on your long-term goals and how staying sober aligns

**LONG-TERM VISION** 

What motivates you to continue on this path of recovery?

next year, five years, or ten years?

How does maintaining sobriety help you

achieve your personal and professional goals?

My long-term vision...

resources to maintain your recovery.

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

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

CONTACT INFORMATION

**SPERO RECOVERY SUPPORT TEAM** 

(888) 815-9111

EMERGENCY CONTACT

Name / Relationship / Phone number