

My Addiction Recovery & Relapse Prevention Plan

Name:

Overall treatment goal (circle one):

Achieve Abstinence - Relapse Prevention – Harm Reduction?

Statement of goal:

My intention is...

Every day I will...

1.

2.

3.

4.

5.

Short Term Goals (in the next 3 months)

Goal:	Steps to take:

Medium to Long Term Goals

Goal:	Steps to take:

My Coping Strategies: *

(Managing stress, urges and triggers to use)

When I feel the urge to use, these are things I can try instead...

- 1.
- 2.
- 3.
- 4.

**This section can be used in conjunction with wellbeing planner & recovery wheel*

Resilience factors:

My Values:

My strengths are: (personal strengths, skills and abilities)

A goal I have achieved previously is:

Potential Triggers and Risk Factors for Relapse

(Identify and troublesome thoughts, uncomfortable feelings, situations and/or worrying behaviours that might lead to a relapse.)

Specific Triggers:

- 1.
- 2.
- 3.
- 4.

What I can do to avoid/mitigate or manage each of the above:

- 1.
- 2.

Individual recovery plan

3.

4.

General Warning Signs (*Feelings, situations, things I do or, things I am not doing that tell me that I may be heading for a lapse/relapse*):

1.

2.

3.

4.

High Risk Situations I *definitely* need to avoid (at least in the short term):

1.

2.

3.

4.

My Affirmations

Positive statements which are linked to your goals and values stated in the present tense.

Some examples:

I am now living a life of freedom, peace and contentment

I am in control of my actions, I choose to be healthy

I love and accept myself completely

My daily affirmation/s:

I

My Supports

Person/Service	Contact details
Direct line (AOD support)	1800 888 236
Counselling Online	www.counsellingonline.org.au
Nurse On Call	1300 606 024
Lifeline	13 11 14

Remember if it is an emergency call 000

Some helpful coping strategies to consider:

* Relaxation techniques are a great way to rid the body of accumulated stress. These are simple to learn and even just practicing such techniques for a few minutes each day can make a difference. The important thing with relaxation techniques is that people need to develop a regular routine.

* Exercise is another great way to rid the body of pent up stress. Physical fitness also increases people's self-esteem so that they feel more confident about facing the challenges that life sends their way. Those who are unhealthy will usually struggle more with any stressors that appear in their lives. People do need to avoid developing an exercise addiction – moderation is the key here.

* Self-care is the key to recovery. Be kind to your self and your body. Look after yourself by nourishing your body, mind and soul by doing, eating and absorbing positive energy. We are what we consume after all!

* It is extremely helpful if people can alter their attitude towards problems that arise in life. They can view them as opportunities to grow rather than obstacles on their path. In AA they talk about how "pain is the touchstone of recovery". Challenges in life are an opportunity and not a punishment.

* Many people in recovery are finding that mindfulness is a highly beneficial technique for improving their ability to cope with life. This practice involves facing the present moment fully but without taking it all so personally. Mindfulness allows people to better understand what is going on in their minds.

Individual recovery plan

* Learning to let go of worrying about the future helps to remove stress and worry from people's life. It involves taking a leap of faith; the belief that by doing the right thing today it should lead to good results in the future.

* Self-improvement courses are useful because they often involve learning new coping strategies. Some of the suggestions might not be appropriate to the individual, but even one or two gems can make such a course worth attending. It is highly beneficial if people in recovery are always open to new ideas.

* Membership of a fellowship like AA provides people with a program that is aimed at making life easier to deal with. The 12 Steps have helped many people reach a state where they have great serenity in response to life's difficulties.

* SMART Recovery is a free, non-religious alternative to AA and 12 step programs that may help you to stay focused on your goals, one week at a time.

* Those people who follow a spiritual path can find that this allows them to cope with life more easily. Not everyone in recovery will be attracted to spiritual pursuits.

* Get creative! Find a creative outlet, whether it be art, music, writing or hobbies can help to make life more fulfilling, relaxing and enjoyable.

* Spend time in nature or with pets.

* Connect with people who value you, care for you and accept you just the way you are and who have your best interests at heart. If you have lost friends/family to your addiction, try to reconnect with them, only if it is in both your and their best interests and not if doing so will cause harm to you or them.

References: <http://alcoholrehab.com/addiction-recovery/coping-strategies-in-recovery/>