

# Relapse Prevention Plan

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*These are the **clear, objective, and achievable** things I can do when I am triggered/tempted to make a decision I have chosen before not to make.*

## People

(Who are safe, sober people in my life I can call for help? Note those you can contact at any time of day.)

### Phone Contacts:

| Name | Phone Number | Hours to Reach Them |
|------|--------------|---------------------|
|      |              |                     |
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### People I Can Hang Out With:

| Name | Phone Number | Hours to Reach Them |
|------|--------------|---------------------|
|      |              |                     |
|      |              |                     |
|      |              |                     |
|      |              |                     |

## Safe Places

(Where can I go that will not have my drug of choice and will allow me to refresh and come down from being triggered? Note places that are available at any time of day.)

| Place | Time Available |
|-------|----------------|
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|       |                |
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|       |                |
|       |                |

## Safe Things

(What can I do that will take my mind off of using?)

| Thing | Time Available |
|-------|----------------|
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|       |                |
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|       |                |

## Therapeutic Things

(What can I do that will help me address my emotions and understand where I am at?)

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