

Action plan if I relapse

These are some warning signs and relapse factors to watch out for.

1. _____
2. _____
3. _____
4. _____
5. _____

If I should lapse I need to tell these people:

1. _____
2. _____
3. _____
4. _____
5. _____

I need to do these things to make sure it doesn't happen again.

1. _____
2. _____
3. _____
4. _____
5. _____