

# Relapse Prevention Plan

During the behavior change process, it may seem counterintuitive to create a plan focused around "relapsing." However, slip ups are a very normal and expected part of any behavior change process. Planning for the times where we may end up engaging in the behavior we are trying to avoid helps us to be prepared to get back on track as quickly and efficiently as possible to avoid a full relapse of the behavior.

**Coping Skills:** List activities or skills you enjoy that can get your mind off of \_\_\_\_\_.

1	
2	
3	

**Social Support:** Who are three people you can talk to if you are thinking about engaging in this behavior?

1	
2	
3	

**Consequences:** How will your life change if you relapse on this behavior? How about if you stay on track?

Outcomes of Relapse	Outcomes of Staying on Track