



## **2. External Triggers:**

**a. People:**

**b. Places:**

**c. Things:**

**d. Situations:**

## **Relapse**

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Relapse is said to be a part of the Recovery process, it can manifest itself in many forms, such as emotional (thoughts and feelings) and physical (the act of using a substance) below or on a separate sheet of paper define what relapse means to you and what that looks like, also list ways to bring yourself out of relapse.

### **1. Emotional: Thoughts and feelings leading up to and during.**

**a. Thoughts:**

**b. Feelings:**

2. **Physical: The act of using and what you can do to prevent or bring yourself out of that.**

a.

b.

3. **Ways to bring yourself out of a relapse whether emotional or physical.**

a. **Emotional:**

b. **Physical:**

## Self-Care

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Taking care of oneself is a key piece to **recovery**: when we do good, we feel good, when we do bad, we feel bad, and when we do nothing, nothing happens. Below or on a separate page list a few ways in which you can take care of yourself and things that will help you throughout the maintenance phase of your recovery.

1.

a.

b.

2.

a.

b.

3.
  - a.
  - b.

## Goals

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During and throughout the recovery process it is important to have goals, planning and long-term thinking are one of the keys to success, below or on a separate page list some goals you have for yourself over the next 3, 6, 9, and 12 months and explain what those look like to you.

### **Goals:**

## Coping Skills

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Finding ways to positively cope with life on life's terms is a big part of the healing process and a good way to manage and progress in your recovery. Below or on a separate sheet of paper list some coping skills you have and use, and also list some you would like to work on or build upon

### **Coping Skills:**