

# **3 As of RELAPSE PREVENTION PLANNING**

## **1. ATTITUDE**

- A) What am I willing to do on a regular basis to stay healthy and happy?
- B) What present and past unhealthy habits do I have?
- C) What triggers do I have that can lead me to relapse?
- D) What will I do to learn to stop reacting to my triggers?

## **2. AWARE**

- A) What will I see and notice to cue me into the fact that I am NOT persistently practicing my healthy habits?
- B) What will I see and notice to cue me into the fact that I am beginning to practice my unhealthy habits?
- C) Who will agree to look for and to tell me about my slipping back into my old negative habits?
- D) What signs and triggers will I tell my protectors about and ask them to look out for?

## **3. ACTION**

- A) What steps will I take to reactivate my healthy habits?
- B) What steps will I take to short-circuit my unhealthy habits?
- C) What steps will I take to short-circuit my triggers?
- D) What steps will I take to get the help I need to end a relapse if and when I do relapse? What will be the help I need to end a relapse? Who will provide the help?
- E) What do I need to add to or modify in my set of healthy habits to prevent or make less likely future slips or relapses? (Only answer #3.E after each slip or relapse.)