

Relapse prevention

A Recovery Plan for a Difficult Situation

Adults | 10 to 15 minutes

A difficult situation can be easier to respond to when practical choices are prepared in advance. Choose one context relevant to your own goal, including reduced harm or abstinence as discussed in care. A plan can be revised without treating recurrence as moral failure.

Use a foreseeable situation rather than your most overwhelming example. Keep the plan compatible with medical guidance and actual resources.

Prepare before the peak

Identify an early cue, such as a message, payday, argument, or transition home. Choose a feasible change to the setting or routine and a person or service to contact.

Include a repair route

Write what you would do if the plan did not hold: attend to medical safety, contact care, and review what was missing. Avoid punishment or waiting until you feel deserving of help.

1. What situation and early cue should my plan address?**2. What practical response fits my goal and available options?****3. Who can help, and what specific request will I make?****4. If use recurs, how will I seek appropriate care and review the plan?****Clinical use and adaptation**

Assess current withdrawal, overdose, and other medical risks. Avoid implying that planning eliminates risk or that recurrence proves treatment failure. Support medically appropriate medication care and chosen goals; emergency needs take priority over reflection.