



### Activity 3: Relapse Action Plan

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List one of your top relapse warning signs below

<b>Relapse Warning Sign:</b> statements from the card front	<b>Relapse Phase:</b> from colored card back
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Read the relapse warning sign and corresponding Phase Definition Cards and complete the table below .

What I Do Now	My New Plan
1 <b>Description</b> — I know I'm in trouble with my recovery when I...	<b>Recovery Activities</b> — The recovery activities I will use to manage these warning signs are...
2 <b>Thoughts</b> — When I experience this warning sign I tend to think...	<b>Managing Thoughts</b> — A new way of thinking to help me manage this warning sign is...
3 <b>Feelings</b> — When I experience this warning sign I tend to feel...	<b>Managing Feelings</b> — A new way of managing my feelings is...
4 <b>Urges</b> — When I experience this warning sign I have an urge to...	<b>Managing Urges</b> — A new way of managing my urges is...
5 <b>Actions</b> — When I experience this warning sign I actually do this...	<b>Managing Actions</b> — A new way of managing my actions is...
6 <b>Reactions</b> — I tend to invite others to become part of my problem by...	<b>Managing Reactions</b> — A new way of inviting people to help me is...