



Activity 3: Relapse Action Plan

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Discovery Cards Summary	
Potential Relapse Situation	
<p>Describe the potential relapse situation you anticipate. When, where, and why are you going to be in this situation?</p>	
Relapse Action Plan	
<p>Anticipate — What potential relapse triggers will be present? List up to 5 relapse triggers you identified from the card activity</p>	
Relapse Triggers	Relapse Trigger Type
1	
2	
3	
4	
5	
<p>Plan — What are you going to do to avoid or minimize these triggers?</p>	
<p>Observe — How are you going to stay aware of what’s going on outside of you (people, places, and things) and inside of you (thoughts, emotions, and feelings)?</p>	
<p>Act—What actions are you committed to take if you think or feel you are at risk?</p>	

Questions to Explore

1. Is it possible to avoid this situation completely? How?

2. What are you committed to do no matter what? At what point will you take action and remove yourself from the environment completely?

3. Who will you ask for help and support?

4. What is your major learning from this activity?