

Relapse Prevention Checklist

Relapse is not failure—it's feedback. This checklist is designed to help individuals and their support networks recognize early warning signs, develop coping strategies, and stay on track in recovery.

- Identify and write down your personal triggers (people, places, situations).
- Create a daily routine that supports stability and balance.
- Maintain regular contact with a sponsor, mentor, or accountability partner.
- Have at least three coping strategies ready (e.g., grounding, breathing, journaling).
- Keep a list of emergency contacts (support network, crisis hotline, therapist).
- Schedule healthy activities each week (exercise, hobbies, social support).
- Monitor your thoughts and feelings daily—use a journal or tracking app.
- Review and update your relapse prevention plan monthly.
- Celebrate progress, no matter how small—acknowledge milestones.
- Know where to seek immediate help if a slip occurs.