**[My Relapse Prevention Plan](#MyRelapsePreventionPlan" \o "This is your emergency relapse prevention plan. Your plan should be very short (no longer than 3-5 pages).  You must act quickly and according to the interventions you have identified if your relapse cycles and patterns are noticeable to you or others. You will be sharing this with your parent/guardian and probation officer. )**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |       | **[Date Started](#DateStarted" \o "The date you started on your RPP.):** |       |
| **Probation Officer:** |       | **County:** |       |
| **Juvenile Services Coordinator:** |       | **[Date Revised](#DateRevised" \o "The last day you worked on it.):** | 06/23/2022 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [**My Support People**](#MySupportPeople) |  | **[Skills to Keep my Feelings in Check](#SkillstoKeepmyFeelingsinCheck" \o "These are the skills you learned in your program that help you manage your high-risk self-talk and your high-risk feelings; they should include both mental and physical things you can do to keep your feelings in check.)** |  | **[My Support People](#MySupportPeople" \o "Use specific names. I can call or go to these people/places for help (sponsor, supportive friend, relative, or agency) in an urgent situation. Confirm with those you have listed that they understand your RPP, are willing, and able to be a support person. Keep this list short (3-5).)** |
| 1.
 |  | 1.
 |  | 1.
 |
| 1.
 |  | 1.
 |  | 1.
 |
| 1.
 |  | 1.
 |  | 1.
 |
|  |  | **[High Risk Self-Talk Filters](#HighRiskSelfTalkFilters" \o "This is where you will write down your \"new thinking\" or your responsible self-talk filters.)** |  |  |
|  |  | 1.
 |  |  |
|  |  | 1.
 |  |  |

****

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **[High Risk Situations](#HighRiskSituations" \o "Use specific names.  With your treatment team, you will develop a lengthy list of Red Flag people and places (this should be shared with your group leader, clinician, JSC, JPO, family/release provider).  On your RPP, list the top 6 in each category.)** |  | **[High Risk Thoughts](#HighRiskThoughts" \o "These are your most common high-risk self-talk messages.)** |  | **[High Risk Feelings &](#HighRiskFeelingsandBodySignals" \o "These are the clues your body gives you about a high-risk feeling, such as pounding heart or tight muscles.)** **[Body Signals](#HighRiskFeelingsandBodySignals" \o "These are the clues your body gives you about a high-risk feeling, such as pounding heart or tight muscles.)** |
| [People](#People" \o "People such as friends who commit crimes; family member(s) who don't hold ):       |  | 1.
 |  | 1.
 |
| [Places](#Places" \o "Places such as abandoned warehouses, a particular neighborhood or street.):       |  | 1.
 |  | 1.
 |
| [Things](#Things" \o "Things such as a gun, an illegal drug or paraphernalia, an unlocked car, or even a time of the day.):       |  | 1.
 |  | 1.
 |
|  |  | 1.
 |  | 1.
 |

|  |
| --- |
| **[Tips/Thoughts/Quotes](#TipsThoughtsQuotes" \o "List a few quotes and inspiring words or phrases that will motivate you to avoid the trouble that got you committed or to recover from a relapse. Examples: My RPP, Chicken Soup for the Soul, Bible, Poetry, the 12 Steps, etc. )** |
|       |

**1**

**2**

**4**

**3**

**[My Relapse Cycle](#MyRelapseCycle" \o "The cycles below represent my criminal/problem behavior pattern(s). Each cycle shows the steps of escalation, from the triggering event and my initial reaction to acting out my criminal/problem behavior. For example: beliefs, thoughts, and emotions to the behaviors that lead up to me engaging in criminal/problem behavior. I’ve indicated my own personal interventions at each step, from the lowest motivating intervention to the strongest below each number in italics. Here are my top (2-3) criminal/problem behavior patterns.)**

SIP Category: Choose one

****Priority Problem: Choose one

|  |  |  |
| --- | --- | --- |
| **Step 1: What happens first?**  |  | **Step 2: What happens if I don’t exit?** |
| [Situation/Behavior](#Step1Situation" \o "The situation that triggers your criminal/problem behavior needs to be broad enough represent a variety of situations, not any one specific scenario.):       |  | **Home**[Situation/Behavior](#SituationBehavior):       |
| Brain in head[Thoughts](#Step1Thoughts" \o "As you go through your cycle, your thoughts about the triggering situation escalate if you do not successfully intervene. As they escalate, so should your intervening thoughts & actions.Write out how your thoughts escalate, step by step.):       | Heart | Brain in headThoughts:       |
| Feelings:       |  | Feelings:       |
| Body Signals:       |  | Body Signals:       |
| *[What could you say to yourself to get out?](#InterveningThoughts" \o "The interventions you list on each step should be the ones that have proven to work well at helping you break out of your past criminal/problem behavior cycles.  As the intensity of your thoughts and feelings increase, so should the intensity of your interventions. Intervening thoughts are thoughts or skills you apply in your mind.  They can be thought-stoppers or quotes you wrote in your Insprational Thoughts and Reading Material section above.)*      |  | *What could you say to yourself to get out?*      |
| *[What can you do to get yourself out?](#InterveningAction" \o "Intervening actions are physical things we can do to intervene in this moment.  As the intensity of your thoughts and feelings increase, so should the intensity of your interventions.)*      | Run | *What can you do to get yourself out?*      |



|  |  |  |
| --- | --- | --- |
| **Step 4: My illegal/irresponsible behavior**  |  | **Step 3: Then what happens if I don’t exit?** |
| **Home**[Situation/Behavior](#SituationBehaviorStep4):       | **Home**Situation/Behavior:       |
| Brain in headThoughts:       | Heart | Brain in headThoughts:       |
| Feelings:       |  | Feelings:       |
| Body Signals:       |  | Body Signals:       |
| [*What could you say to yourself to get out?*](#InterveningThoughtsStep4)      |  | *What could you say to yourself to get out?*      |
| *Run*[*What can you do to get yourself out?*](#InterveningActionStep4)      | Run | *What can you do to get yourself out?*      |

**[My Relapse Cycle](#MyRelapseCycle" \o "The cycles below represent my criminal/problem behavior pattern(s). Each cycle shows the steps of escalation, from the triggering event and my initial reaction to acting out my criminal/problem behavior. For example: beliefs, thoughts, and emotions to the behaviors that lead up to me engaging in criminal/problem behavior. I’ve indicated my own personal interventions at each step, from the lowest motivating intervention to the strongest below each number in italics. Here are my top (2-3) criminal/problem behavior patterns.)**

SIP Category: Choose one

****Priority Problem: Choose one

|  |  |  |
| --- | --- | --- |
| **Step 1: What happens first?**  |  | **Step 2: What happens if I don’t exit?** |
| [Situation/Behavior](#Step1Situation" \o "The situation that triggers your criminal/problem behavior needs to be broad enough represent a variety of situations, not any one specific scenario.):       | [**Home**Situation/Behavior](#SituationBehavior):       |
| Brain in head[Thoughts](#Step1Thoughts" \o "As you go through your cycle, your thoughts about the triggering situation escalate if you do not successfully intervene. As they escalate, so should your intervening thoughts & actions.Write out how your thoughts escalate, step by step.):       |  | Brain in headThoughts:       |
| HeartFeelings:       |  | HeartFeelings:       |
| Body Signals:       |  | Body Signals:       |
| *[What could you say to yourself to get out?](#InterveningThoughts" \o "The interventions you list on each step should be the ones that have proven to work well at helping you break out of your past criminal/problem behavior cycles.  As the intensity of your thoughts and feelings increase, so should the intensity of your interventions. Intervening thoughts are thoughts or skills you apply in your mind.  They can be thought-stoppers or quotes you wrote in your Insprational Thoughts and Reading Material section above.)*      |  | *What could you say to yourself to get out?*      |
| [*What can you do to get yourself out?*](#InterveningAction)      | Run | *What can you do to get yourself out?*      |



|  |  |  |
| --- | --- | --- |
| **Step 4: My illegal/irresponsible behavior**  |  | **Step 3: Then what happens if I don’t exit?** |
| **Home**[Situation/Behavior](#SituationBehaviorStep4):       | **Home**Situation/Behavior:       |
| Brain in headThoughts:       | Heart | Brain in headThoughts:       |
| Feelings:       |  | Feelings:       |
| Body Signals:       |  | Body Signals:       |
| [*What could you say to yourself to get out?*](#InterveningThoughtsStep4)      |  | *What could you say to yourself to get out?*      |
| *Run*[*What can you do to get yourself out?*](#InterveningActionStep4)      | Run | *What can you do to get yourself out?*      |

**[My Relapse Cycle](#MyRelapseCycle" \o "The cycles below represent my criminal/problem behavior pattern(s). Each cycle shows the steps of escalation, from the triggering event and my initial reaction to acting out my criminal/problem behavior. For example: beliefs, thoughts, and emotions to the behaviors that lead up to me engaging in criminal/problem behavior. I’ve indicated my own personal interventions at each step, from the lowest motivating intervention to the strongest below each number in italics. Here are my top (2-3) criminal/problem behavior patterns.)**

SIP Category: Choose one

****Priority Problem: Choose one

|  |  |  |
| --- | --- | --- |
| **Step 1: What happens first?**  |  | **Step 2: What happens if I don’t exit?** |
| [Situation/Behavior](#Step1Situation" \o "The situation that triggers your criminal/problem behavior needs to be broad enough represent a variety of situations, not any one specific scenario.):       | [**Home**Situation/Behavior](#SituationBehavior):       |
| Brain in head[Thoughts](#Step1Thoughts" \o "As you go through your cycle, your thoughts about the triggering situation escalate if you do not successfully intervene. As they escalate, so should your intervening thoughts & actions.Write out how your thoughts escalate, step by step.):       | Heart | Brain in headThoughts:       |
| Feelings:       |  | Feelings:       |
| Body Signals:       |  | Body Signals:       |
| *[What could you say to yourself to get out?](#InterveningThoughts" \o "The interventions you list on each step should be the ones that have proven to work well at helping you break out of your past criminal/problem behavior cycles.  As the intensity of your thoughts and feelings increase, so should the intensity of your interventions. Intervening thoughts are thoughts or skills you apply in your mind.  They can be thought-stoppers or quotes you wrote in your Insprational Thoughts and Reading Material section above.)*      |  | *What could you say to yourself to get out?*      |
| [*What can you do to get yourself out?*](#InterveningAction)      | Run | *What can you do to get yourself out?*      |



|  |  |  |
| --- | --- | --- |
| **Step 4: My illegal/irresponsible behavior**  |  | **Step 3: Then what happens if I don’t exit?** |
| **Home**[Situation/Behavior](#SituationBehaviorStep4):       | **Home**Situation/Behavior:       |
| Brain in headThoughts:       | Heart | Brain in headThoughts:       |
| Feelings:       |  | Feelings:       |
| Body Signals:       |  | Body Signals:       |
| [*What could you say to yourself to get out?*](#InterveningThoughtsStep4)      |  | *What could you say to yourself to get out?*      |
| *Run*[*What can you do to get yourself out?*](#InterveningActionStep4)      | Run | *What can you do to get yourself out?*      |