


My Relapse Prevention Plan

Name: _____ Date Started: _____
Probation Officer: _____ County: _____
Juvenile Services Coordinator: _____ Date Revised: 07/17/2023

My Support People
1.
2.
3.

Skills to Keep my Feelings in Check
1.
2.
3.

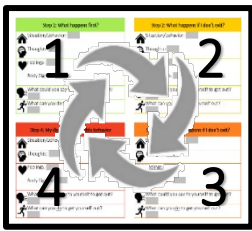
High Risk Self-Talk Filters
1.
2.

 High Risk Situations
<u>People:</u>
<u>Places:</u>
<u>Things:</u>

 High Risk Thoughts
1.
2.
3.
4.

 High Risk Feelings & Body Signals
1.
2.
3.
4.






Tips/Thoughts/Quotes








My Relapse Cycle

SIP Category: Choose one
 Priority Problem: Choose one






Step 1: What happens first?

 Situation/Behavior:
 Thoughts:
 Feelings:
Body Signals:
 <i>What could you <u>say</u> to yourself to get out?</i>
 <i>What can you <u>do</u> to get yourself out?</i>






Step 2: What happens if I don't exit?

 Situation/Behavior:
 Thoughts:
 Feelings:
Body Signals:
 <i>What could you <u>say</u> to yourself to get out?</i>
 <i>What can you <u>do</u> to get yourself out?</i>

Step 4: My illegal/irresponsible behavior






 Situation/Behavior:
 Thoughts:
 Feelings:
Body Signals:
 <i>What could you <u>say</u> to yourself to get out?</i>
 <i>What can you <u>do</u> to get yourself out?</i>






Step 3: Then what happens if I don't exit?






 Situation/Behavior:
 Thoughts:
 Feelings:
Body Signals:
 <i>What could you <u>say</u> to yourself to get out?</i>
 <i>What can you <u>do</u> to get yourself out?</i>






My Relapse Cycle

SIP Category: Choose one
Priority Problem: Choose one

Step 1: What happens first?	
	Situation/Behavior:
	Thoughts:
	Feelings:
	Body Signals:
	<i>What could you <u>say</u> to yourself to get out?</i>
	<i>What can you <u>do</u> to get yourself out?</i>

Step 2: What happens if I don't exit?	
	Situation/Behavior:
	Thoughts:
	Feelings:
	Body Signals:
	<i>What could you <u>say</u> to yourself to get out?</i>
	<i>What can you <u>do</u> to get yourself out?</i>

Step 4: My illegal/irresponsible behavior	
	Situation/Behavior:
	Thoughts:
	Feelings:
	Body Signals:
	<i>What could you <u>say</u> to yourself to get out?</i>
	<i>What can you <u>do</u> to get yourself out?</i>

Step 3: Then what happens if I don't exit?	
	Situation/Behavior:
	Thoughts:
	Feelings:
	Body Signals:
	<i>What could you <u>say</u> to yourself to get out?</i>
	<i>What can you <u>do</u> to get yourself out?</i>

My Relapse Cycle

SIP Category: Choose one
Priority Problem: Choose one

Step 1: What happens first?



Situation/Behavior:



Thoughts:



Feelings:

Body Signals:



What could you say to yourself to get out?



What can you do to get yourself out?

Step 2: What happens if I don't exit?



Situation/Behavior:



Thoughts:



Feelings:

Body Signals:



What could you say to yourself to get out?



What can you do to get yourself out?

Step 4: My illegal/irresponsible behavior



Situation/Behavior:



Thoughts:



Feelings:

Body Signals:



What could you say to yourself to get out?



What can you do to get yourself out?

Step 3: Then what happens if I don't exit?



Situation/Behavior:



Thoughts:



Feelings:

Body Signals:



What could you say to yourself to get out?



What can you do to get yourself out?