

Relapse Prevention Plan

Topic: #504

Category: Recovery



Facilitator Note: It is best to complete “Topic 503: Triggers”, before using this Topic. This can be completed as a large group, working in partners or small groups (by disorder), or sent home with members.

A Relapse Prevention Plan (See Section D) is a tool you make when you are **well**. Consider it a smoke alarm or siren – something that helps you and your support team take action early. Let’s face it, we don’t always feel like stopping our symptoms - until it’s too late. We’ll review the main areas and give examples.

1. List your diagnosis and the date. If you have multiple conditions or a dual diagnosis, fill out a form for each. Discuss how often you’ll update plan with your support team.
2. Triggers: list the main triggers in the left column (Sec D). Under “Severity” rank each trigger L, M, or H. List an avoidance or coping strategy you will use to deal with that trigger. Example: (for anxiety/panic disorder)

<i>Unplanned expenses</i>	<i>M</i>	<i>take 2 days to consider all options</i>
<i>Husband out of town</i>	<i>H</i>	<i>plan an activity/call friend each day</i>

3. Symptoms: list symptoms and required action. “Time” is how long it can go before taking action.

<i>Obsessive Thoughts</i>	<i>2 days</i>	<i>increase Lexapro by 10 mg.</i>
<i>Hyperventilating, Pacing</i>	<i>5 min.</i>	<i>Do relaxing breathing.</i>
		<i>Call support after 20 min.</i>

4. 3 Things to Stay Healthy: i.e. getting 8 hours sleep, no caffeine, journal every day, etc
5. Support: include whoever prescribes your medication. Find at least 3 friends, family, or support team to be a buddy. Sign release so buddies can talk to your medical team.

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Instructions for filling out form (Sec. D):

1. Diagnosis, Date. Use separate sheets for multiple diagnoses.
2. Triggers, Severity, Avoidance/Coping Strategy.
Example: (for anxiety/panic disorder):

Unplanned expenses M take 2 days to consider all options
Husband out of town H plan activity/call friend each day

3. Symptoms, Time (how long before taking action), Required Action. Example:

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