My Relapse Prevention Plan

> *"No longer talk at all about the kind of man that a good man ought to be, but be such."*
>
> Marcus Aurelius, Meditations 10.16 (tr. Long)

Pull together what you know from your other sheets. Keep it short enough to read in two minutes. Review it once a month, and after any slip.

Why I am doing this

MY RISKIEST SITUATIONS	MY PLAN FOR EACH

My early warning signs

What keeps me well, day to day

Sleep, food, meetings, people, movement.

My people

Names and numbers.

If I slip: my first 24 hours

Stop, tell someone, eat, sleep, review.

Samaritans 116 123 (UK and Ireland, free, 24 hours) · Drinkline 0300 123 1110 (UK) · 988 (US) · Emergency 999 / 911. If you drink heavily every day, do not stop suddenly without medical advice.

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