



ENABLE EXERCISE #3

My Relapse Prevention Plan

Situations of High Risk (e.g., social settings, stressful situations, etc.):

Warning Signs and Combating Them:

Early warning sign:

Productive or Positive Thoughts and Behaviors:

Dealing With Potential Lapses:

Lapse Behavior:

What led to the Lapse?

What could I do differently in the future?

What do I need to do to get back on track?