

Action Plan for Preventing Relapse

Creating your own action plan for relapse prevention and recovery may help address the feelings, symptoms, situations, and events that are most troubling to you with plans to respond to them. It may also help improve your ability to communicate with your family members, friends, and healthcare providers. Creating an action plan can give you a sense of hope that things can get better and that you can take control over your life and the way you feel. The following may serve as a starting point for creating your action plan.

List feelings, events, or situations that make you feel at risk for using opioids. Examples include physical illness, being teased or put down, being around someone who has treated you badly, feeling anxious or tense or bored, or going to a party or celebration.

Write down things that help you feel better when you're having a tough time. Examples might include eating three healthy meals a day, exercising, writing down your feelings, or going to a movie. Keep in mind that these can be changed and added to over time. You may also want to ask family or friends for suggestions or look into self-help resource books. You may also want to try listing the reasons you chose to stop using opioids.

Who could you turn to if you find yourself at risk for using opioids? Write down the names and phone numbers of people who could be supportive as well as professionals such as your doctor or counselor.