

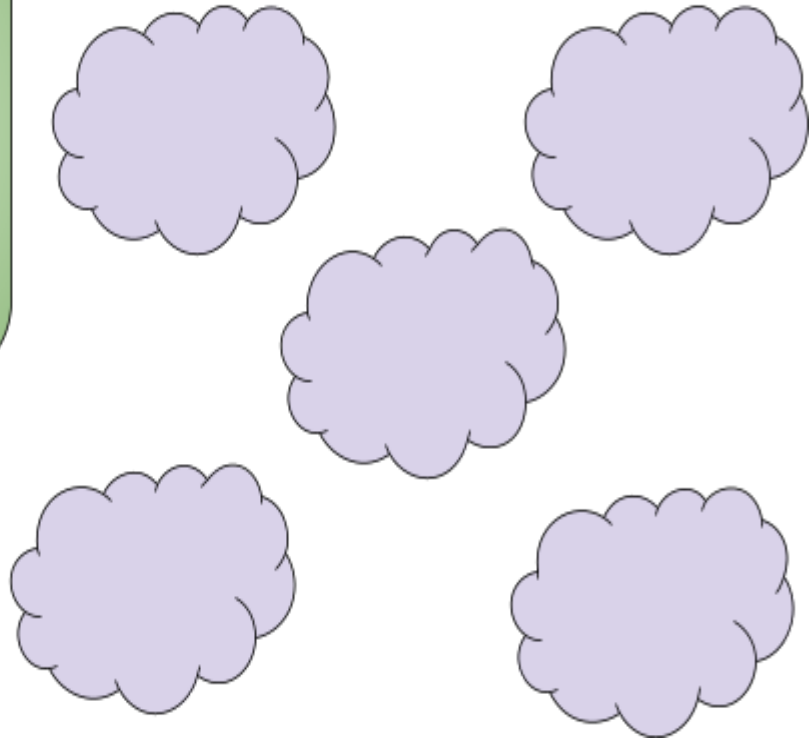
# Relapse Prevention Plan Worksheet drugs

## Triggers

Triggers have a major impact on relapse of drugs, some triggers include

- Conflicts
- Financial issues
- Extreme negative emotions
- Extreme positive emotions

What are your triggers to use drugs?



<b>What are your motivations for staying sober?</b>	<b>What coping skills do you have to prevent relapse?</b>	<b>What challenges will you face while being sober?</b>