**\_\_\_\_\_\_\_\_\_\_\_\_’s Sobriety Action Plan**

Prevention

1. Examine and acknowledge previous patterns of use and behavior… e.g. glass of wine after dinner
2. **Know your warning triggers!** Some common triggers include:

* Stress 🡪 what are your current stressors?
  + Things to do to decrease overall level stress level?
* Reminders/cues
  + Identify feelings/moods that cue you to want to have a drink…
  + Identify people, places or objects that cue you to want to have a drink…
* Other personal triggers…
* Ask yourself “Why did I relapse before/last time?’

1. Remember your reasons for quitting -🡪 MY reasons for quitting alcohol are…

* What are healthy ways to reward yourself for maintaining sobriety…

Recognizing the **stages of relapse…**

* + Emotional relapse – Not thinking about using yet, but your thoughts and behaviors are setting you up for relapse
  + Mental relapse – Stage where you’re at war with yourself. Part of you wants to drink and part of you doesn’t. You remember only good, not bad. You start bargaining with yourself and planning to use again
  + Physical relapse – Start using again – the first drink – leads back to regular use

1. **Warning signs of relapse** and how to prevent it…
   * Warning Signs (MAKE A LIST A KEEP IT!!!)
   * When relapse feels imminent 🡪 What are my HEALTHY COPING MECHANISMS
   * What are the consequences of relapsing?

Intervention

1. You relapsed…now what? 🡪 **Relapse Recovery Plan**

* Think about the trigger, problem or emotions that led to the relapse…how can we prevent this next time?
* Remind yourself about the reasons why you quit drinking alcohol and the consequences of alcohol consumption
* Outline detailed next steps in order to find the lesson in the relapse and grow from it… most importantly forgive yourself!
* Write down new steps to prevent a relapse if this situation were to occur again

1. Resources
   1. Facebook group – Soberish (fb group for persons who are sober, trying to be, or just trying to figure it out)
   2. Phone App – Saying When: How to quit drinking or cut down (CAMH)
   3. Website: womenforsobriety.org
   4. Website: <https://aadistrict11.ca> – Alcoholics Anonymous groups in London, ON