

My Relapse Prevention Plan

What I can DO if I think about using:

- 1.
- 2.
- 3.

Who I can CALL if I think about using or I relapse:

- 1.
- 2.
- 3.



My Relapse Prevention Plan

What I can DO if I think about using:

- 1.
- 2.
- 3.

Who I can CALL if I think about using or I relapse:

- 1.
- 2.
- 3.



My Relapse Prevention Plan

What I can DO if I think about using:

- 1.
- 2.
- 3.

Who I can CALL if I think about using or I relapse:

- 1.
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- 3.



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What I can DO if I think about using:

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Who I can CALL if I think about using or I relapse:

- 1.
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My Relapse Prevention Plan

What I can DO if I think about using:

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Who I can CALL if I think about using or I relapse:

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What I can DO if I think about using:

- 1.
- 2.
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Who I can CALL if I think about using or I relapse:

- 1.
- 2.
- 3.



Disadvantages of using:

- 1.
- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.



Disadvantages of using:

- 1.
- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.



Disadvantages of using:

- 1.
- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.



Disadvantages of using:

- 1.
- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.



Disadvantages of using:

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- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.



Disadvantages of using:

- 1.
- 2.
- 3.

Advantages of not using:

- 1.
- 2.
- 3.

