

Relapse Prevention Planning Checklist

Chapter	Compulsory Forms / Exercises	Target Completion Date	Date Done
One	1. Clear commitment statement		
	2. This checklist, Relapse Prevention Planning Checklist		
Two	3. Problem list worksheet		
Four	4. Personal Cue Inventory and Strategies to Manage Cues		
Five	5. Cravings management plan		
	6. Exercise, Relaxation and Social Activity Plans		
Six	7. Personal Stress Inventory Worksheet		
Eight	8. Guilt and Shame Stress Inventory Worksheet		
	9. Self Care Recovery Boundaries Worksheet		
	10. Support Network Worksheet		
Nine	11. Life Plan and Goals for Next Year Worksheet, and Goal Planning Worksheet		
Fourteen	12. Three Month Weekly Planner		