ENABLE EXERCISE #3
My Relapse Prevention Plan

_Situations of High Risk (e.g., social settings, stressful situations, etc.):_

_Warning Signs and Combating Them:_

  Early warning sign:

  Productive or Positive Thoughts and Behaviors:

_Dealing With Potential Lapses:_

  Lapse Behavior:

  What led to the Lapse?

  What could I do differently in the future?

  What do I need to do to get back on track?