



Compassionate Relapse Prevention Plan

Prepare for vulnerable moments without shame or secrecy

A lapse or strong urge is information, not proof that you have failed. This plan helps you notice risk early, reduce harm, reconnect with support and return to your intentions.

My early warning signs

People I can contact and how to reach them

Places or situations I may need distance from

Actions that help me ride out an urge safely

Reasons I want to keep choosing myself

If I slip, my first kind and practical next step

Professional or emergency support details
