A PAUSE, A PRACTICE, A NEXT STEP

Relapse Prevention

Notice changes early and know your next step.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe your steadier baseline

Note what sleep, energy, connection, daily routines, and functioning usually look like when you are doing relatively well. Avoid comparing yourself with someone else.

01 / Notice and reflect

What does my steadier baseline look like?

02 / Notice and reflect

Which early changes have mattered before?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Review the plan with your clinician and after major changes. Seek immediate support for safety concerns; a written plan should never delay emergency care.

Read more: SAMHSA · Illness Management and Recovery

More tools and immediate support: Our Healing Room / Crisis Support.