

Relapse Prevention

Triggers	Acceptance	Group	Roadblocks	Person
Cravings	Therapist	Plan of Action	Barriers	Relapse
Sponsor	Urge Surfing	FREE	Change Routine	Meetings
New Activities	Self-care	Obstacles	Limitations	Plan
High-Risk Situations	Complacency	Progress	Warning Signs	General-purpose Strategies

Relapse Prevention

Urge Surfing	Barriers	Roadblocks	Cravings	Plan of Action
Group	Warning Signs	Person	Complacency	Relapse
New Activities	Change Routine	FREE	Meetings	Acceptance
Limitations	Progress	Triggers	General-purpose Strategies	Self-care
Obstacles	Plan	Sponsor	Therapist	High-Risk Situations

Relapse Prevention

Complacency	Progress	Barriers	Plan	Change Routine
Triggers	New Activities	Obstacles	Therapist	Person
Sponsor	General-purpose Strategies	FREE	Self-care	Limitations
Urge Surfing	Relapse	Roadblocks	Warning Signs	Group
Meetings	Acceptance	Plan of Action	Cravings	High-Risk Situations