

Relapse Prevention

nature walk	Be helpful to someone else	Pray/meditate	Write in a journal	Talk to your sponsor Complete 1 thing you put off
Go outside	make weekly goal list	Think about loved ones	Count to 10	Watch TV or movie
leave the situation	say/write gratitude	Write your own _____	Deep breathing	Take a time out
Take a walk	learn new hobby/skill	Talk to a friend	Read	Think about happy memories
Pro and Con list	Exercise	Visit your family	volunteer	Listen to music

Relapse Prevention

say/write gratitude	Count to 10	Write in a journal	Go outside	Think about loved ones
Pray/meditate	volunteer	Talk to your sponsor Complete 1 thing you put off	Exercise	Watch TV or movie
Take a walk	Deep breathing	Write your own _____	Take a time out	Be helpful to someone else
Read	Visit your family	nature walk	Listen to music	learn new hobby/skill
Talk to a friend	Think about happy memories	leave the situation	make weekly goal list	Pro and Con list

Relapse Prevention

Exercise	Visit your family	Count to 10	Think about happy memories	Deep breathing
nature walk	Take a walk	Talk to a friend	make weekly goal list	Talk to your sponsor Complete 1 thing you put off
leave the situation	Listen to music	Write your own _____	learn new hobby/skill	Read
say/write gratitude	Watch TV or movie	Write in a journal	volunteer	Pray/meditate
Take a time out	Be helpful to someone else	Think about loved ones	Go outside	Pro and Con list