

Hope for Mental Health Community

Wellness Tool Triggers & Relapse Prevention Planning

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What is a Trigger?

A trigger is something that sets off or reminds us of past pain or trauma that may produce psychiatric symptoms and make us feel worse or vulnerable in some way. Such feelings can lead to relapse.

Identifying My Triggers

List up to 5 triggers that lead you or a loved one to relapse.

1. _____
2. _____
3. _____
4. _____
5. _____

My Relapse Prevention Plan

List up to 3 strategies that can help you or a loved one prevent relapse.

Mental Health Strategies

1. _____
2. _____
3. _____

Substance Use Strategies

1. _____
2. _____
3. _____

What is the “end result” you desire of enacting this Relapse Prevention Plan?
i.e., long-term sobriety, increased mental wellness, etc.

What role, if any, does your faith play in carrying out your Relapse Prevention Plan?
i.e., strength to overcome, resilience, hope, etc.

For though the righteous fall seven times, they rise again.
Proverbs 24:16a (NIV)