

# Hope for Mental Health

## Wellness Tool

### Triggers: How to Create a Relapse Prevention Plan

#### What is a Trigger?

A trigger is something that reminds a person of past pain or trauma that makes them feel vulnerable in some way. Such feelings can lead to relapse.

#### What is a Relapse?

A relapse is movement backwards after a period of improvement.

*\*If you are not living with a mental illness or substance use disorder - you can still experience triggers that can lead you to take steps backwards to a place where you feel more fear or anxiety that can lead you away from wellness.*

#### Identifying My Triggers

List some triggers that can lead you to relapse.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### My Relapse Prevention Plan

List some strategies that can help you prevent relapse.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What do you hope for your future? How can your relapse prevention plan help you get there?  
*i.e., long-term sobriety, increased mental wellness, keeping a job, a strong marriage, etc*

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How can you integrate your faith into your Relapse Prevention Plan?  
*i.e., meditating on a verse, talking with God, etc.*

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