

# Coping Card for Relapse Prevention

*Fill this out and carry it with you for quick reference when you need it!*

Internal skills for coping (e.g., exercise, playing music, gaming, relaxation, positive self-talk)

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

People I can call talk to distract me and/or support me

1. \_\_\_\_\_ (sponsor's name if you have one)
2. \_\_\_\_\_
3. \_\_\_\_\_

Three 12 Step/other support groups I can attend (find them NOW!)

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

----- FOLD HERE -----

Tips for preventing relapse:

1. Identify potential high-risk, stressful situations and be prepared in advance with strategies for avoiding them or dealing with them. Have "escape plans."
2. When that voice tells you "I can drink/use just this once" or "Things will be different this time," imagine how things will probably turn out if you drink/use; allow a "voice of reason" to take over.
3. Tell someone you trust how you are feeling and ask for help/support/distraction.
4. If you predict a social situation will be triggering, bring a friend as a "buffer," limit your time at the gathering, find a reason to take a few minutes alone, or make alternative plans.
5. If you have an urge to use, wait 30 minutes. Most urges last about 15 to 30 minutes and then go away or get weaker. You can get past the urge!
6. Engage in distraction. Watch a favorite video. Write a song. Read a book. Find what works for you!
7. Practice relaxation. Practice deep breathing. Go for a walk or run. Do some yoga or stretching. Find what works for you!
8. Cultivate and rely on your support networks.
9. Look for online support.
10. Never doubt your ability to stay clean and sober!