

RELAPSE PREVENTION WORKSHEETS



INGRAINED
RECOVERY

ingrainedrecovery.com
(844) 450.1700

ABOUT OUR RELAPSE PREVENTION ACTIVITIES:

This workbook helps you pause, reflect, and regain control when cravings or stress threaten your progress. Inside, you'll find guided journaling prompts, reflection exercises, and practical worksheets to help you identify triggers, practice coping skills, and reinforce self-compassion. Use these tools whenever you need to slow down and reconnect with your recovery goals—they're meant to empower you to make thoughtful choices and stay grounded in your healing journey.

Disclaimer: These materials are for reflection and educational purposes only and are not intended for diagnosis or treatment.

If you are struggling or feel at risk of relapse, please call Ingrained Recovery at (844) 450-1700 to speak with a qualified professional.



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6 JOURNAL PROMPTS TO MANAGE STRESS & CRAVINGS IN RECOVERY

Read each prompt, and write your responses honestly.

What am I feeling right now—tension, restlessness, fatigue—and what is the sensation telling me?

If I drink or use right now, what immediate relief will I get, and what consequences will follow?



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Read each prompt, and write your responses honestly.

What activity can I do for the next 10 minutes to reduce stress?

What trusted friend or family member should I call for support, and why?



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Read each prompt, and write your responses honestly.

What will tomorrow look like if I avoid a relapse – will I feel proud or relieved when it passes?

What positive steps have I already taken to support my recovery journey?



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COST-BENEFIT ANALYSIS TO AVOID RELAPSING

This activity helps you make informed choices before you use drugs/alcohol.

<i>Short-term benefits (pros) of using drugs/alcohol</i>	<i>Short-term costs (cons) of using drugs/alcohol</i>
<i>Long-term benefits of using substances (if any)</i>	<i>Long-term costs of using substances</i>



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WRITING POSITIVE AFFIRMATIONS

*Complete 6 "I am" statements and recite them in the mirror
- be sure to smile at yourself like you would a friend.*

I am

I am

I am

I am

I am

I am



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