

MRT Module # 12 Relapse Prevention Plan

This last assignment is your relapse prevention plan. By now you have learned how important it is to plan on how you will cope with situations ahead of time. It is kind of like making a plan of how you will get out of the house in case of a fire. You hope it does not happen but you want to know how to get out in case it does happen. I hope you will keep this plan with your other important papers and look at it from time to time.

It is important to avoid your *triggers*. *Everyone has different triggers* and this is why everyone needs a different prevention plan. Think about the behaviors, attitudes, emotions, thought, people, places that have led to your problems. What are you going to do from now on to stay on track? _____

We have talked about the NOW problem. This can be a situation in which you react without thinking or making a decision in just one second. Examples include using or not using drugs, fighting when you are angry (even when someone else hit you first), lying and stealing. Name one of your NOW situations.

At other times the NOW problem may last for a longer period of time. Sometimes it seems as if the problems will never end. You must decide from day to day how you will cope with the frustrations involved. Examples included living as a single parent, living with little-to-no money, or living with no driver's license. What type of NOW situation do you live with on a daily basis? Are you learning new and better ways to get along? _____

Do you have problems with impulse control? Examples of this include flying off the handle in anger, being aggressive when angry, talking out of turn, stealing things you don't need. We can't stay away from everything that triggers us. The best way to cope with this is to know your triggers and make a plan for coping when faced with the triggers. What are your main triggers

and what is your plan? _____

When we have problems with others it is natural to be defensive. This can happen in a number of ways. Some people blame others. Some deny they have a problem. Some say the situation is someone else's problem or responsibility. Some people act out. Others cry. Others get depressed. What about you? Is this working for you? _____

Relapse is a great risk when we have big changes in our lives. Examples of bad things can be the loss of a loved one, loss of a job, or onset of a chronic illness or disability. Good changes also be stressful and lead to relapse if we are not careful. Examples include birth of a child, getting a new job or promotion, or getting married. Does this remind you of anything in your own life? How are you coping with these changes? Are you expecting any changes in the near future? Is there anything you can do now to prepare? _____

The best way to stay out of trouble is to stay focused on the future and focused on positive things. What are you focused on? _____

Do you have goals for you future? What about your goals with your family? _____

What about your goals with your friends? _____

What about job-related goals? _____

What about financial goals? _____

What about your goals for health and physical fitness? _____

Any other goals? _____

This concludes your participation in the MRT program. I know you came here because you were required to come by the court. Even so, I hope you enjoyed your time here and that you learned something. This clinic offers other services and you are welcome to return if you have other needs for counseling, to include crisis services. The contact information is listed below.

Clinic Name: _____
Street Address: _____
Phone Number: (xxx) _____

Emergency Services Number Available 7 days week, 24 hours day:
(xxx) _____

This material was created by Nora King, LCSW for use by involuntary outpatient participants of an MRT program at a community mental health clinic. The participants had completed Little et als Thinking for Good but needed a discharge plan before they could be discharged from the clinic.

Reference: Thinking for Good: Changing Antisocial & Criminal Thoughts with the MRT Model. Dr. Gregory L. Little, NPC, LPC, CCBT; Jamie Pettit, M.s, NCC; Dr. Kenneth D. Robinson, CPC, CCBT. Eagle Wing Books, Memphis TN. 1999.