

MODULE 6: RELAPSE PREVENTION

Creating a Relapse Prevention Plan

LEARNING GOALS AND OBJECTIVES OF THE TRAINING SESSION

Objective No. 2

COLLABORATION AND CUSTOMIZATION IN RELAPSE PREVENTION PLANNING

A collaborative approach is used to tailor the relapse prevention plan to each client's needs, preferences, and life circumstances. This ensures they have specific strategies and resources in place to prevent relapse and sustain their recovery journey.

Objective No. 1

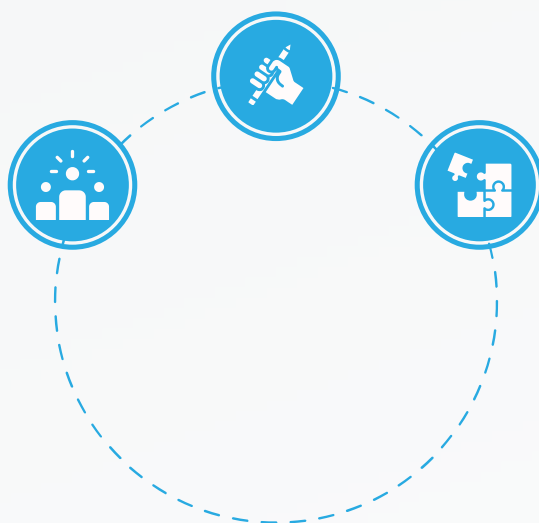
DEVELOPING AN INDIVIDUALIZED RELAPSE PREVENTION PLAN

The goal of this method is to help clients create personalized relapse prevention strategies that address their specific challenges and triggers.

Objective No. 3

CREATING A HYPOTHETICAL ACTION PLAN

If a client is not ready to create a detailed relapse prevention plan, they can work on a hypothetical plan instead. This helps avoid resistance while still introducing the concept of relapse prevention and its importance.



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SESSION DESCRIPTION AND MATERIALS

Activity description

1. Target Group: Adult educators, recovery mentors, and social workers
2. Duration: 1 hour

1. Paper, pencils, pens, sticky notes
2. Printed or drawn "Relapse Prevention Plan" worksheet
3. A comfortable space for group discussions

Materials

TRAINING METHODOLOGY



CONSTRUCTIVIST LEARNING

Participants engage in structured exercises that guide them through developing relapse prevention plans while reflecting on personal experiences.



PROBLEM-BASED LEARNING

Clients are presented with questions and scenarios requiring active thinking and reflection on what motivates them to make life changes and prevent relapse.



PEER LEARNING

The chances of a client successfully making changes increase when a close person is involved in the discussion. Alternatively, a symbolic figure (e.g., imagining a loved one in an empty chair) can be used as a conversational tool.



EXPERIENTIAL LEARNING

Experiential learning involves learning through direct experience and reflection. Clients analyze their relapse prevention plans, engage in discussions, and explore their own motivation to change while gaining meaningful insights.



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SESSION DESCRIPTION: CREATING A RELAPSE PREVENTION PLAN

In this exercise, clients are asked to reflect on their **goals and plans for the near future**. They begin by identifying their **major goals**, such as:

- *Living a life free from addiction*
- *Rebuilding family relationships*
- *Living honestly, getting a driver's license, fulfilling dreams*

These major goals are then broken down into smaller, achievable steps, such as:

1. **Becoming a good parent to my children**
2. **Improving education and finding a stable job**
3. **Taking care of physical health (e.g., liver recovery, medical check-ups)**
4. **Enjoying freedom and engaging in meaningful leisure activities (e.g., nature, music)**
5. **Feeling calm and stable without drugs**

Clients are encouraged to evaluate the importance of each goal and determine its feasibility.

Breaking Goals into Actionable Steps

Each **small goal** should be broken into **specific actions**.

For example, for the goal "**Becoming a good parent to my children**," the actions might include:

- Writing a letter to the child's mother, explaining that the client is now sober and can be trusted.
- Buying a birthday gift for their child.
- Having a positive conversation with the child's mother's new partner.
- Spending quality time with the child (e.g., visiting an amusement park).
- Reading parenting books to improve knowledge and confidence.

A specific deadline is set for each action.

Tracking Progress: Writing down these specific tasks and deadlines allows for monitoring progress and discussing any uncompleted tasks and obstacles.

Identifying Barriers: Clients should reflect on what might prevent them from following their plan and what support they need.

For example:

- Do they need communication practice before speaking to their ex-partner?
- Do they need to save money for the birthday gift or amusement park visit?

Each goal should be reviewed in detail, with concrete actions outlined.

Addressing Challenges in Recovery

Clients must also identify potential obstacles that could interfere with their recovery plan.

Key Questions to Consider:

- **What challenges could arise in achieving your goals?**
- **Who can help you stay committed?**
- **What negative influences might set you back?**

Many clients experience emotional emptiness when they remove old habits that once provided comfort (even if harmful).

To fill this void, it's important to encourage healthy activities that require effort and engagement, such as:

- **Sports or physical activities**
- **Music or art**
- **Volunteering and community engagement**

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“CHANGE PLAN” WORKSHEET

1. The change I want to make:
2. The most important reasons why I want to change:
3. What I will do to achieve this change:
4. How others can support me in this process:
5. How I will know my plan is working:
6. Potential obstacles that might interfere with my plan:
7. If obstacles arise, I will take the following actions:

At the end of the session, the conversation should remain optimistic and focus on personal strengths.

Important considerations:

- Do not pressure the client to create a strict plan if they are not ready—instead, offer alternative discussions with less immediate commitment.
- Encourage ongoing reflection—clients can revisit their plan over time as their readiness for change increases.