

IMMEDIATE RELAPSE PREVENTION PLAN – GORSKI

The Immediate Relapse Prevention Plan is designed to provide relapse prevention planning and support stability for individuals who are initiating work in a relapse prevention program. The immediate plan is made up of 5 parts:

- 1) List of Established Recovery Support Contact- This includes people who you can rely on to support you if you are feeling shaky or have an urge to use. It is important that you can get in touch (phone/text/email) with these people quickly and easily.
- 2) Identify some of your most potent and present High-Risk Situations- This involves interview and brainstorming with a counselor. It is helpful to use the Gorski format as describe in this handout.
- 3) Identify some skills and strategies for successfully managing these High-Risk Situations- It is important to be practical and realistic, identifying strategies that are simple, specific, realistic, and personally attainable. These are included as a part of the High-Risk Situation worksheet exercise.
- 4) Identify and learn to challenge “Relapse Justifications”- This includes an exploration and examination of the thoughts and beliefs that are used to talk yourself into and make sense of relapsing. As a part of identifying your personal “justification”, you also examine the flaws and do some basic challenging/restructuring of your relapse justification “logic.”
- 5) Make a Relapse Prevention Pledge- This involves making a personal statement of commitment to your recovery; it is helpful to phrase this in a brief, personally powerful format that you can read daily (several times) to re-remind yourself of why you are doing this hard work of recovery.

Sample High-Risk Situation Worksheet¹-

Title of High-Risk Situation (HRS): _____

1. General Management
 - a. How have you managed this HRS in the past?
 - b. How could you manage this more effectively in the future to prevent relapse?
2. Thought Management- In this HRS,
 - a. What thoughts are you likely to have that might lead to a relapse?
 - b. What is another way of thinking about this situation that could help you avoid relapse?
3. Feeling Management- In this HRS,
 - a. What feelings are you likely to have that might lead to a relapse?
 - b. What could you do to manage these feelings that could help you avoid relapse?
4. Self-Destructive Urges and Actions- In this HRS,
 - a. What are you likely to have an urge to do and what have you done before that increased your risk of relapse?
 - b. What could you do to resist/fight the urges and what other actions could you take to help you avoid relapse and stay sober?

¹ Base on: Gorski, T., Relapse Prevention Therapy Workbook. (1995) Herald House/Independence Press, Independence, MO