

Relapse Prevention Plan

Implementation Trigger: First Lapse

If I lapse I agree to do the following:	If I lapse I want my collaborator to:

Implementation Trigger: [For example: Decreased communication with collaborator]

If I fail to follow through on a course commitment, I will	If I fail to maintain communication with Dr. Dubin, I would like him to:

Implementation Trigger: X

When I observe trigger X I will respond doing Y	When my collaborator observes X, I would like my collaborator to do Y
Write Coping Tactic Y here	Y