

# Action Plan Worksheet

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**Instructions:** Use this worksheet to create a detailed action plan for potential relapses.

## Early Warning Signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Emergency Contact List:

1. Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_
2. Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_

## Immediate Response Strategies:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Reflection on Past Relapses:

1. Trigger: \_\_\_\_\_  
Response: \_\_\_\_\_  
Lesson Learned: \_\_\_\_\_
2. Trigger: \_\_\_\_\_  
Response: \_\_\_\_\_  
Lesson Learned: \_\_\_\_\_