

# Adolescent Relapse Prevention Worksheet

---

**Instructions:** Use this worksheet to help adolescents create a personalized relapse prevention plan.

## Triggers and Stressors:

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

## Coping Strategies:

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

## Support Contacts:

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

## Positive Activities:

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