

Relapse Recovery Planning

A simple worksheet to help you plan for your next quit. For a full explanation of how to use this worksheet, see chrisskoyles.com/relapse.

WHAT WENT WELL ON MY LAST QUIT?

1.
2.
3.

WHAT WITHDRAWAL SYMPTOMS DID I STRUGGLE WITH THE MOST?

1.
2.
3.

WHAT THREE ACTIONABLE STEPS CAN I TAKE TO REMEDY OR PREPARE FOR THESE SYMPTOMS?

(For example: Taking supplements or getting more sunshine to help with fatigue, learning breathing exercises for stress etc.)

1.
2.
3.

WHAT WAS THE SITUATION THAT TRIGGERED MY RELAPSE?

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IF I FIND MYSELF IN THIS SITUATION AGAIN, WHAT CAN I DO DIFFERENTLY?

WHAT THOUGHTS/FEELINGS/EMOTIONS CAME UP FOR ME DURING THE TRIGGER SITUATION?

- 1.
- 2.
- 3.

WHAT THREE ACTIONABLE THINGS CAN I DO THE NEXT TIME I EXPERIENCE THESE THOUGHTS/FEELINGS/EMOTIONS?

- 1.
- 2.
- 3.

WHAT IS THE ONE MOST IMPORTANT STEP THAT I SHOULD TAKE TODAY TO GET BACK ON TRACK?

(Go and do this as soon as you can, if not immediately then at least before the end of today)

WHAT ARE THE THREE BIGGEST THINGS I AM GAINING FROM QUITTING?

- 1.
- 2.
- 3.

Finally, finish this exercise by closing your eyes and visualising what your life will be like once you've achieved these three things. See what you'll see, hear what you'll hear. Feel how good you'll feel once you've achieved all the health, happiness and joy you deserve.