

THE RECOVERY DESK

PREMIUM EDITION

My Personal Relapse Prevention Plan

Changing risks and responding after setbacks

Expanded guided resource

29 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original My Personal Relapse Prevention Plan resource is preserved and followed by 12 new guided-practice pages tailored to changing risks and responding after setbacks.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

KEEP IT PRACTICAL

Choose small, specific actions. If a tool is ineffective, consider another strategy, a safer location, another person, or professional support.

01 Map Triggers

UNDERSTAND

A trigger is a cue, not a prediction. Notice contexts, body states, access, and routines without assuming one cause explains everything.

EXAMPLE - FICTIONAL SITUATION

After receiving an unexpected message, Jo notices isolation and an urge. Jo takes a walk and contacts support before making any decision.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What have I noticed about map triggers in my own life?

Which part is within my control, and which part needs outside support?

What is one small, realistic option I could try?

A SMALL ACTION YOU CAN CHOOSE

Choose one achievable action for the next 24 hours and a way to review what happened.

My exact next step, when I will try it, and the support I can request
