

# Avoiding Relapse

If I were about to relapse, here is a likely situation I might be in:

Where: \_\_\_\_\_

When: \_\_\_\_\_

With whom: \_\_\_\_\_

Doing what: \_\_\_\_\_

Thinking what: \_\_\_\_\_

Feeling what: \_\_\_\_\_

What coping strategies could I use to avoid this relapse?

## Action Strategies:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Thinking Strategies:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Feeling Strategies:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Source: Nina Littman-Sharp, Problem Gambling Service, Centre for Addiction and Mental Health