



This FREE RESOURCE is provided by The Lighthouse.

The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

## Relapse Prevention Outline

1. Review all relapse warning signs.
  - a. What are my symptoms today?
  - b. What am I going to do about my symptoms?
2. Review your love of God.
  - a. What did I do to love God today?
  - b. What will I do tomorrow?
3. Review your love of self.
  - a. What did I do to love myself today?
  - b. How did that affect me?
4. Review your love of others.
  - a. What did I do to love others today?
  - b. What will I do tomorrow?
5. Review your sleeping patterns.
  - a. How am I sleeping?
  - b. What is keeping me awake?
6. Review your exercise patterns.
  - a. Am I getting enough exercise?
  - b. Am I getting too much exercise?
7. Review your nutrition.
  - a. Am I eating too much or too little?
  - b. Am I eating healthy?
8. Review your total recovery plan.
  - a. How am I doing?
  - b. What is the next step for me to take?
9. Make conscious contact with God.
  - a. Pray
  - b. Meditate
10. Read the Bible.

**If you work your recovery program daily, your chances of success greatly increase. You need to evaluate your recovery daily and keep a journal of your daily activity.**