



## *Tools for Recovery:* **Relapse Prevention Planning Wallet Card**

Print this page

Trim the card below along the dotted lines

Fold the card in half along the grey, solid line

Fill in your information

Carry it with you as needed

FOLD

TRIM



I know I'm in trouble with recovery when:

\_\_\_\_\_

When I experience: \_\_\_\_\_

I tend to think: \_\_\_\_\_

I tend to feel: \_\_\_\_\_

I have the urge to: \_\_\_\_\_

I do: \_\_\_\_\_

Recovery activities I can use to manage this are:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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