Relapse Prevention Worksheet (June 6, 2020, NoVA IG Workshop)

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| **Relapse Warning Sign** | **Now?** | **Action Plan** | **Program Support** |
| Program |  |  |  |
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| Food and Physical |  |  |  |
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| Emotional and Spiritual |  |  |  |
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| Life Events and Triggers |  |  |  |
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| Other Warning Signs |  |  |  |
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| ***EXAMPLES & IDEAS*** |  |  |  |
| *Program:* Not calling my sponsor regularly | √ | Call my sponsor regularly. | Talk with my sponsor. Acknowledge what’s happening. Discuss any problems. Agree on a schedule for regular calls.  |
| *Food:* Red/yellow foods turning green. | √ | Recommit red/yellow foods. Affirm abundance from healthy foods. | Honest conversation with an OA member about what’s going on. Food sponsor. |
| *Emotional/spiritual.* On-going resentments, for example, towards my spouse or employer. | √ | Do the 4th and 5th steps. | Call my sponsor and commit to do a 4th step. Schedule a 5th step and do it. |
| *Life events and triggers:* Going to a family Thanksgiving, or a vacation. (Time with family is a trigger for so many people.) | √ | Call while at the event or call daily while on vacation. Take my scale to measure food. | Talk with an OA member about what is challenging and how I can take care of myself. Commit to phone call(s). For Thanksgiving, commit to call before and after the main meal.  |