Relapse prevention card

AIR. HEALTH CLINIC

Create a relapse prevention card to guide you through the wave of a craving. Carry it with you or have it somewhere visible so you can quickly turn to it when these feelings arise. We've provided an example below and provided a blank template for you to fill out yourself.

The Five Ds 1. Delay 2. Drink water 3. Distract 4. Deep-breathing 5. Decatastrophise	Distraction Activities 1. Walk the dog 2. Water the plants 3. Brush my teeth 4. Have a hot shower
Three reasons I want to stay sober 1. I want to be a good parent 2. It saves me $40 a day 3. I want to have control over my life and health	Negative Predictions If I drink now, I will feel intense guilt in the morning I will have a hangover and not be present for my children

The Five Ds 1. Delay 2. Drink water 3. Distract 4. Deep-breathing 5. Decatastrophise	Distraction Activities 1. 2. 3. 4.
Three reasons I want to stay sober	Negative Predictions