

Relapse prevention card

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.

<p>The Five Ds</p> <ol style="list-style-type: none"> 1. Delay 2. Drink water 3. Distract 4. Deep-breathing 5. Decatastrophise 	<p>Distraction Activities</p> <ol style="list-style-type: none"> 1. Walk the dog 2. Water the plants 3. Brush my teeth 4. Have a hot shower
<p>Three reasons I want to stay sober</p> <ol style="list-style-type: none"> 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 	<p>Negative Predictions</p> <p>If I drink now, I will feel intense guilt in the morning</p> <p>I will have a hangover and not be present for my children</p>

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