RELAPSE PREVENTION PLAN

"By mapping our thoughts, behaviors, and events or actions that lead to compulsive behavior, we can vizualize the path toward acting out, and plan interventions to stop the downward spiral."

Sexual Health

Small, consistent things each day

S

E

E

D

S

Guardrails/Triggers

Action

What will I do when I am triggered?

Ditch/Crash

Remember: We are always the same distance away from the ditch!

Action

What will I do when I crash?

GREEN: Plant S.E.E.D.S.: (Spiritual/Social Connection, Education, Exercise, Diet, Sleep.) Small, sustainable, actionable items that I can engage each day.

YELLOW: People, places, situations and things that you must avoid because they trigger you: unplanned time, zoning out, watching TV or internet alone, etc.

RED: Compulsive, self-defeating behaviors from which you must abstain - porn, masturbation, fantasy, etc.

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