

RELAPSE PREVENTION SHEET (RPS)

Triggers: _____

Emotions/Feelings: _____

1) Automatic Thought: _____

Core Belief: _____

Rational Response: _____

2) Automatic Thought: _____

Core Belief: _____

Rational Response: _____

3) Automatic Thought: _____

Core Belief: _____

Rational Response: _____

4) Automatic Thought: _____

Core Belief: _____

Rational Response: _____

RELAPSE PREVENTION SHEET – Side 2

Preceding Behaviors

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Negative Consequences

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Recovery Techniques/Tools and Behaviors

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Positive Consequences

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