## **Relapse Prevention Plan**

Implementation Trigger: First Lapse	
If I lapse I agree to do the following:	If I lapse I want my collaborator to:
if i lapse i agree to do the following.	in hapse i want my conaborator to.
Implementation Trigger:	
What I agree to do if this trigger occurs	What I want my collaborator to do if this trigger
	occurs
Implementation Trigger:	
What I agree to do if this trigger occurs	What I want my collaborator to do if this trigger
	occurs