



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

Negative Consequences

Recovery Techniques/Tools and Behaviors

Positive Consequences
