

Worksheet 25a

My Relapse Prevention Plan for Protective Capacity

The gains you have made in this work need to be maintained. This plan helps you protect those gains and know what to do if things get hard again.

My early warning signs that my protective capacity is slipping:

☐ I stop maintaining the safety plan	☐ I start making excuses for the POC/Y-POC
☐ I stop using my regulation strategies	☐ I become isolated from my support network
☐ I start avoiding contact with professionals	☐ My children's behaviour starts to change
☐ My mental health or substance use starts to slip	☐ Other:

The situations or people most likely to put my protective capacity at risk:

If I notice my early warning signs, my plan is:

The person I will call if things start to slip:

Services I can re-access if I need support:

Service	Contact

Asking for help is not failure. Protective capacity can come under pressure at any time. The plan you've just made is for that moment. Use it.