Relapse Contract

Think about the things you are willing to do in order to prevent relapse. Write down your thoughts in the space provided and use them to create a relapse contract that you and your therapist can sign. A sample relapse contract is also provided to give you an idea of how to format your own contract.

What I will do to prevent relapse:

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Sample Relapse Contract

1. If I drink alcohol at all, in any amount, I will leave the situation as soon as possible. I will sit down the following day and review what to do in the event of a relapse. I will use my trigger sheets to figure out what happened. I will tell my partner (or best friend, sibling, etc.) and ask for his or her support.

2. If I drink again within a month, I will call my therapist with the goal of getting a referral to getting back into treatment, or coming back in for a “booster session.”

3. If I drink even once in a binge (out of control) fashion, I will call, with the goal of getting back into treatment.

4. My goal is to remain abstinent for at least ________________. At that time I will reevaluate this contract and write a new one.

________________________________________________________________________

Client Signature  

Date