

John's Relapse Prevention Plan

Reminder of events or situations that triggered relapses in the past:

1. Riding the bus to school.
2. Hearing scratching sounds in Math class.
3. Trying to play my guitar and not being able to move the strings.
4. My parents yelling at each other about me.

Reminder of early warning signs that I experienced in the past:

1. Feeling nervous on the bus.
2. Hearing other people's voices talking in my head all at once.
3. Feeling guilty for not texting my best friend.
4. Thinking I am dumb because I forgot my homework at home.

What I think would help me if I am experiencing an early warning sign:

1. Playing my guitar.
2. My parents not yelling.
3. Stopping the scratching sounds in Math class.
4. Sitting at the front of the bus and listening to music on my phone.

Who I would like to assist me, and what I would like them to do:

1. My best friend come to my house and play his guitar.
2. EASA team help my parents to not yell so much.
3. Get to Math class early and check the room for cameras.
4. Teacher give me permission to get my phone in class and write down homework in my phone--set an alarm so I can remember.

Who would I like to be contacted in case of an emergency?

1. My Mom, Jannette 541-632-0000
2. Tania or Tamara EASA, 541-786-1111 or 541-987-0000
3. My grandmother, Susan 541-000-9876
4. My Dad, Peter 541-654-3210