



How to prepare for a slip

Changing behaviour can be challenging for everyone.

None of us want to have a slip and of course we want to plan to avoid that happening. But if it does happen it is important to have a plan (a bit like having a fire drill – we don't want or expect a fire but if it does happen it's sensible to have a good plan to respond).

Preparing for a slip involves all of the work you have done up until this point. Think about it: you have already learnt to identify situations that place you at high-risk using drugs. You have developed tools and devices or strategies that will help you manage cravings. You have developed coping tools, such as how to: solve problems and make better decisions, practice mindfulness, and be assertive.

You are now ready to put a plan in place in case you end up in a situation that you didn't anticipate, and you are unable to effectively handle the situation.

The first part of this step involves discussing the possibility of a slip with your health or support worker.

Discuss a plan with your support worker

Discussing a plan with your support or health service worker will allow you to be better prepared in the event that you either feel the urge to use, or start re-using. Having a plan in place will also put you in a better position to limit the potential harm of a full-blown relapse.

The first part of your plan should be to discuss who you can call when you start to feel things are getting out of control. You should also write down the number of a health service that can help, so you don't need to go looking for it later.

in the event that you begin to feel that there is a risk of a lapse, write down phone numbers of people you can call:

My Health/support worker:

Alcohol and Drug information service:

Someone close to you (friend or family):

Anyone else:

Making positive life adjustments

Preparing for a slip also involves making positive life adjustments. Just as it is important to avoid high-risk situations, it can be equally important to engage in high-value situations too. This might mean eating healthier, exercising and committing to a better sleep routine and looking after your relationships.

Can you identify some areas of you own life (not related to your drug use) that you might be able to improve?

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you know how to prepare for and respond to a slip, here are some related sheets that you might also find useful:

[How to cope with cravings](#)

[How to challenge unhelpful thoughts](#)

[How to be assertive](#)

[How to handle high-risk situations](#)

[How to manage a slip](#)

[How to practice mindfulness](#)