

RELAPSE PREVENTION GROUP ACTIVITIES

A quick-reference PDF to practical peer support activities used in addiction recovery groups and treatment programs.

#1 Trigger Mapping

Identify triggers tied to cravings and relapse risk.

#2 Coping Skills Check-In

Share what coping skills are working in recovery.

#3 Thought Reframing

Challenge negative thoughts with CBT-based tools.

#4 Creative Expression

Use art, music, writing, or vision boards.

#5 Communication Roleplay

Practice boundaries and difficult conversations.

#6 Mindfulness Grounding

Use breathing and grounding to manage cravings.

#7 Relapse Warning Signs

Notice isolation, overwhelm, and skipped routines.

#8 Life Skills Planning

Build stability with practical daily-life skills.

#9 Gratitude Practices

Focus on progress, support, and motivation.

#10 Physical Fitness

Use walks, yoga, group hikes, or movement.

#11 Group Journaling

Process emotions and sharpen recovery goals.

#12 Daily Routine Planning

Create structure with healthy daily habits.

#13 Educational Workshops

Learn relapse prevention and coping strategies.

#14 Refusal Skills

Practice saying no in high-risk situations.

