CHECKLIST

First Day After Relapse: Your Reset Checklist

- [ ] Use cold water on your face or hands for thirty seconds to interrupt the chemical aftermath
- [ ] Tell one person who already knows about your recovery what happened
- [ ] Reinstall or check your blocking software is active and hasn't been paused
- [ ] Reset deposit limits to the lowest figure or reactivate self-exclusion on any site you used
- [ ] Move accessible money into a harder-to-reach account or hand your card to someone you trust
- [ ] Write one paragraph about what triggered the urge without judging yourself
- [ ] Spend time in green space using five-senses grounding to stabilise your nervous system