

# Relapse Prevention Toolkit Recovery Guide

## My early warning sign red flags list:

A large rectangular area with a light green background and horizontal dotted lines, intended for writing a list of early warning signs.

**These are your 'red flag' signs, things that may be early warning signs that mean it is a good time to begin taking action with the techniques that helped before. This will reverse the downward spiral and slowly begin to lift your mood again.**