

R.I.B.E.Y.E.—PROBLEM-SOLVING TOOL

USE PROBLEM SOLVING TO PREVENT RELAPSE

- ▶ Step One: **R**ELAX—Calm down and try not to become excited

- ▶ Step Two: **I**DENTIFY the problem

- ▶ Step Three: **B**RAINSTORM possible solutions to the problem you identified

- ▶ Step Four: **E**VALUATE the potential solutions

- ▶ Step Five: Say **Y**ES to one of the potential solutions

- ▶ Step Six: **E**NACT or do the solution you selected