Recovery Maintenance Plan

Building a life in recovery is an ongoing process. After stopping your use, you have many choices on how to build your life in recovery. The process can be compared to building a house with a solid foundation (sobriety), four walls (supportive housing, community, healthy activities like job or school and tools such as CBT, DBT, etc.). This document will help you outline your plan.

Begin by focusing on your goals, identifying your strengths and supports.

What are your goals in recovery?

1-

2-

3-

4-

5-

What are your strengths? (ex. I am determined. Feel free to ask others for prompts if needed)

1-

2-

3-

4-

5-

What do you need to meet these goals? (ex. support in finding safe housing)

1-

2-

3-

4-

Who are your supports? How do they support your recovery?

Why is building recovery important to you? Please write about this below.

Building recovery capitol (investment in recovery lifestyle) is crucial to creating the life you want and deserve. It’s like building a bank account-the more you invest, the more you gain. What are some ways you are investing in your life of recovery?

|  |  |  |
| --- | --- | --- |
| Investment  | How it helps | Supports |
| Example: I play on a recovery volleyball team | Builds community, I have fun with others  | My team |
| Example: I started a savings account. | I can buy a car once I save enough |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

One way to keep your moving towards your goals is prepare for unexpected events. Start by identifying what your triggers are. This could be a feeling, an old friend, an area of town, certain smells, etc. What are some tools you use to manage triggers when they come up?

|  |  |  |
| --- | --- | --- |
| Triggers | Tools that help me manage triggers | Who are my supports |
| Example: Feelings of guilt and shame | Doing my First Step with my sponsor, making amends, talking about this with my counselor | Sponsor, home group, team, counselor, treatment groups |
| Example: using friends | I change people, places and things. I can find other connections that do not involve using.  | Home group,  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

What are warning signs you may be about to pick up? These can include glorifying your using days, cravings, not eating right/sleeping, avoiding meetings or your recovery circle, hiding emotions.

List your warning signs here:

Self-care is crucial to sustaining a healthy lifestyle. Think about experiencing a trigger when you have slept well and are feeling calm. Compare this to experiencing a trigger when you are exhausted, hunger or lonely. What are some ways you take care of yourself?

|  |  |  |
| --- | --- | --- |
| Self-care tools | Why does this help? | Who helps? |
| Example-Mindfulness in Recovery group | Decrease stress | Instructor |
| Example-Home group | I know this is a safe place and I like having a community. If I don’t show up, they will reach out to me.  | Others in home group |
| Example-Journaling | Decreases stress | counselor |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Sustaining recovery is an ongoing commitment. With this in mind:

List 5 actions you can take daily:

Example, mediation/prayer, gratitude journaling

1-

2-

3-

4-

5-

List 5 actions you can do each week to support recovery”

Example: attend home group, performing service work

1-

2-

3-

4-

5-

What are 5 actions you can do monthly to support recovery:

Example: make sure bills are paid, check on my health screenings, meet with an accountability partner

1-

2-

3-

4-

5-

Finally, what are your reasons for wanting to be in recovery?

1.

2.

3.

4.

5.

Keep this list to look at if you need it.

**Emergency Planning**



**If relapse happens, having a plan can keep it from escalating. Complete the following plan and share it with your SUDP, sponsor, and team.**

*If I relapse, I will immediately:*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_