Recovery Maintenance Plan

Five thoughts or thinking patterns that could lead me to relapse: (I start thinking that I could probably use in a controlled way since I have been abstinent for so long.)

1.

2.

3.

4.

5.

Five feelings that could lead me to relapse: (I become more irritable or depressed)

1.

2.

3.

4.

5.

Five behaviors that could lead me to relapse: (I stop going to meetings or change my recovery routine suddenly)

1.

2.

3.

4.

5.

Five people that could lead me to relapse: (people I used with, drug dealers, people who are still actively using)

1.

2.

3.

4.

5.

Five places that could lead me to relapse: (local hangouts, bars, places I have used)

1.

2.

3.

4.

5.

Five triggers that could lead me to relapse: (colors, songs, things, paraphernalia)

1.

2.

3.

4.

5.

Relapses do not occur “out of the blue” and there are several warning signs. Many people think that a relapse starts with one drink or drugging, when actually it is the last step. In planning your relapse, think of it in 10 Steps, with the 10th Step being using.

EXAMPLE:

1. I become restless or antsy.
2. I become irritable or grouchy.
3. I start to think negatively about AA or NA.
4. I start withdrawing from people in recovery.
5. I skip meetings.
6. I become more isolated.
7. I get depressed.
8. I start having sleep problems.
9. I decide drinking or drugging would help my problems.
10. I use.

My relapse in ten steps or warning signs:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Some questions to ask yourself:

At what step do I call my therapist or get back into group therapy?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

At what step do I need to set up external monitoring (accountability with others) of my recovery program?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

At what step does it become “a train running without brakes?”

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Besides the people in your group, who will you share this Recovery Maintenance Plan with to help you be aware when the warning signs are happening? (Your spouse? Your sponsor? Your therapist? A friend?)

List 5 things that you will do when the warning signs are happening? (Behaviors not thoughts)

1.

2.

3.

4.

5.

List the things that you will do that involve other people: (call to go back on drug screens, re-work a step with your sponsor, increase meeting attendance, or return to group therapy)

1.

2.

3.

4.

5.

Please list the actions that you do DAILY for your recovery: (I meditate or pray)

\*\* Please be sure to include specific details of how you will maintain any monitoring that is required by other agencies (i.e., drug court, probation, CPS, employer, etc.)

1.

2.

3.

4.

5.

Please list the actions that you do WEEKLY for your recovery: (I write a gratitude list)

\*\* Please be sure to include specific details of how you will maintain any monitoring that is required by other agencies (i.e., drug court, probation, CPS, employer, etc.)

1.

2.

3.

4.

5.

Please list the actions that you do MONTHLY for your recovery: (I read my plan and do a self-check or ask someone if they have seen any of my warning signs)

1.

2.

3.

4.

5.

Please list at least 5 coping skills you can use for your recovery: (Opposite Action, Respiratory Control, Meditation)

1.

2.

3.

4.

5.

Please list at least 5 things you can do if you should relapse to restart your recovery process: (Call my sponsor, return to treatment, be honest with my supports, update my plan)

1.

2.

3.

4.

5.

Resources I can use if I am in need of help:

1.

2.

3.

4.

5.

MY EXIT PLAN

An exit plan is a pre-determined plan of what you will do or say if you are in a high-risk situation which could lead to relapse. One example of a high-risk situation maybe you are running errands when you run into old friends that used substances with you in the past. What would you do in this situation? What would you say? Having a pre- determined exit plan can provide you with the knowledge and confidence to avoid relapse when unexpected high- risk situations arise.

What is a common high-risk situation you may face over the next few months?

What will you do when you are in that situation?

What will you say when you are in that situation?

Skills I need to remember if I am in a sticky situation:

My aftercare plan

Therapist appointment (Name/Date/Time/Address)

Psychiatrist appointment (Name/Date/Time/Address)

Primary Care Physician appointment (Name/Date/Time/Address)

Next 3 community support group meetings (Name/Date/Time/Address)