

SUPPORT FOR MY RECOVERY

You must own your recovery. No one else can do it for you, but that doesn't mean you can't have support. Here, you have the support of your peers and the program staff, and you will need to establish a positive support network.

In which recovery meetings, organizations, or groups do you plan to participate?

Where are the meetings held? Include name of site and address.

How often will you attend?

How will you get to them?

Who else will be a part of your recovery support network? Include specific sponsors, counselors, recovery partners, family members, religious support, etc.

How often will you spend time with the members of your support network?

What are your sources of information for your answers in this section?

MY RELAPSE PREVENTION

Recovery comes with a variety of obstacles and challenges. One of them is dealing with the many physical and emotional cues that arise as people go through life, which results in relapse. These cues are more commonly known as "triggers," and they may manifest in completely different ways from person to person.

What are your relapse triggers, and how will you deal with them if they come up?

Trigger: _____ → Plan: _____

Trigger: _____ → Plan: _____

Trigger: _____ → Plan: _____

Trigger: _____ → Plan: _____