

Recovery Management Planning Tool



Planning for Success

This is especially true when you become stressed, if you experience a break in your motivation, or if you find yourself facing temptation. You will discover that if you have a written management plan that is sufficiently detailed it will greatly improve your chances of sustaining your recovery efforts. Focus your plan on the next year.

In Part I, you'll assess your recovery capital. Recovery Capital refers to your resources, or personal strengths in key areas of your life that you can use, rely on, or build on to strengthen your recovery. We make positive changes based upon our strengths, not on our weaknesses so recovery capital is essential to recovery management.



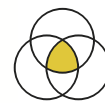
Part I: Recovery Capital Inventory

1. Social Capital

- ☐ I have a sponsor
- ☐ I have drug free friends who support my recovery
- ☐ I have sober family members who support my recovery
- ☐ I have close friends who are in recovery
- ☐ I have meaningful relationships with my family
- ☐ I have a work environment that is conducive to recovery

Deficit area[s] I need to work on:

Before you begin to write out a plan of action for your recovery, you need to first assess your current status. This Inventory helps you with that.



ORGANIZE

It's time for a change. Plan your work each day in advance. Leave free time for children, hobbies and relationships



REVIEW

Use a notebook for weekly planning. Schedule your time.



Check Your Plan

Check your Plan 1st thing in the morning. Planning will only help you if you follow the Plan.

2. Human Capital

___ I have the following skills:

___ I have goals: [list them]

___ I have good health

___ I have hope

___ I have a primary care physician: [Name]

___ Service to others is now an important part of my life.

___ I believe I have personal resources: [list some]

___ I know my life has a purpose

Deficit areas I need to work on:

3. Physical Capital

- ☐ I have health insurance
- ☐ I have sufficient financial resources to cover my expenses
- ☐ I have a job/employment that is meaningful
- ☐ I have safe, drug free, affordable housing
- ☐ I have transportation

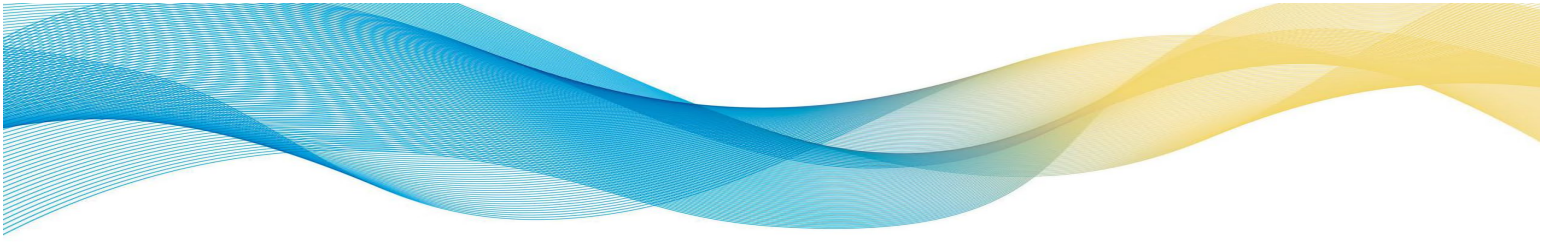
Deficit Areas I need to work on:

4. Cultural Capital

- ☐ I have resolved any outstanding legal obligations
- ☐ I have access to and close affiliations with recovery support groups
- ☐ I have values beliefs and attitudes that I share with others that support my sobriety

and some of these are: _____

Deficit Areas I need to work on:



Part II: Relapse Prevention Plan

My goal is to use my recovery capital to maintain an abstinence-based life style. In order to do this:

I will attend_____self-help meetings each week.

I will call my sponsor at #_____when I am feeling weak or experiencing a need to drink or use or I am having trouble staying positive in my program.

These are the People / Things I will avoid or change:

People:

Places:

Things:



These are my high risk times and situations and my plans to manage them:

<u><i>Times/Situations</i></u>	<u><i>Action Plans</i></u>

These are the current problems and/or relationships I need to repair or take accountability for:

I will use the following to be proactive and manage my cravings:

If I am exhibiting the following symptoms of relapse:

I give my Family permission to confront me and /or seek outside intervention to help me.

Signature _____ Date: _____

Experience has taught us that tailoring a personal plan to your own situation can make the difference between success or failure



Planning for Success



Recovery Capital

Your recovery will be based on your resources and strengths



Time

Schedule the time needed to accomplish your tasks. Stay focused and prepare for unexpected things that pop up.



Communicate

Communicate your written plan with a trusted family member.