MY RECOVERY PLAN

NAME: ____________________
DATE: ___________________

PERSONAL TRIGGERS

The triggers that put me at risk for using or wanting to use:
1. Being around my father who likes to drink
2. Frat parties
3. Feeling really stressed out
4. Going to Sam’s after work

HOW I WILL ADDRESS EACH TRIGGER

1. Take my dog out for a walk
2. Ask other people to hang out
3. Take a break
4. Call a friend instead

WAYS I WILL INCREASE MY SELF-CARE

1. Go to sleep by midnight
2. Eat at least 2 meals a day
3. Pack a filling lunch ahead of time
4. Go for a walk outside twice a week

COPING SKILLS I WILL LEARN OR IMPROVE & HOW:

1. Deep breathing
2. Self-compassion practice and meditation
3. Go for a walk
4. Cook myself my favorite meal

MY RELAPSE PREVENTION STRATEGIES

1. Join a club where drinking is not the primary social focus
2. Meditate and journal at least 10 minutes a day
3. Decrease stress and let myself have a videogame break 30 minutes a day

PEOPLE WHO I CAN ASK FOR HELP

1. My best friend, Elizabeth
2. My roommate Karl
3. Madison
4. Alex
5. Maggie

SOCIAL SETTINGS THAT PROVIDE SUPPORT OR DISTRACTION

1. Reddit Recovery thread
2. We are Sober website
3. Solid State Bookstore
4. Window shopping
5. The Temper website

PROFESSIONALS I CAN ASK FOR HELP

1. My therapist
2. My sponsor, Matt
3. Yoo-Jin from HPAC
4. SAMHSA Helpline

I COMMIT TO RECOVERY BECAUSE...

1. I deserve recovery
2. My friends and family also care about me
3. I don’t like blacking out

IF I RELAPSE I WILL...

1. Tell my sponsor, Matt
2. Tell my best friend, Elizabeth
3. Practice self-compassion
4. Journal about what happened that day
# MY RECOVERY PLAN

**NAME:** ____________________  
**DATE:** ___________________

## PERSONAL TRIGGERS
The triggers that put me at risk for using or wanting to use.

1. 

## HOW I WILL ADDRESS EACH TRIGGER

1. 

## WAYS I WILL INCREASE MY SELF-CARE

1. 

## COPING SKILLS I WILL LEARN OR IMPROVE & HOW:

1. 

## MY RELAPSE PREVENTION STRATEGIES

1. 

## PEOPLE WHO I CAN ASK FOR HELP

1. 

## SOCIAL SETTINGS THAT PROVIDE SUPPORT OR DISTRACTION

1. 

## PROFESSIONALS I CAN ASK FOR HELP

1. 

## I COMMIT TO RECOVERY BECAUSE...

1. 

## IF I RELAPSE I WILL...

1. 

*template adapted from recovery.org*