

Recovering Person's Plan

Date: _____

My Most Preferred Living Situation _____

My Plan "B" Living Situation _____

Specific Actions* For Recovering Person to Take (Along With Target Dates)

*Change = Awareness + New Action

1) _____

Change is Painful
"Change involves challenging what is familiar to us; and daring to question our needs for safety, comfort, & control. *It's often a painful experience.*"

2) _____

3) _____

4) _____

"Everyone wants to grow nobody wants to change."

5) _____

6) _____

7) _____

Problems I have with "Change"
-Owning responsibility for my actions
-Finding strength to deal with it
-Trusting my "Gut"
-Asking for help

Consequences I agree to, if I use any Mind Altering Substance *not* prescribed, or *not taken* as prescribed:

Recovering Person Signature

My Family /Friend Signature

My Family /Friend Signature

My Family /Friend Signature