

# \*Recovering Person's Plan\*

Date: 10/21/10

My Most Preferred Living Situation: My parent's house

My Plan "B" Living Situation: My friend Jake's house or brother Mark's house

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

\*Change = Awareness + New Action

1) Move out of my parent's home by: 2/21/11

Open a savings account by: 10/25/10

Obtain Driver's License by: 11/15/10

### 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) Obtain employment by: 11/7/10

Save-up at least \$3,000.00 by: 2/15/11

Pay outstanding \$180.00 fines by: 1/15/11

# Examples

3) I agree to promptly take an alcohol and/or drug-test at any time

4) Attend appointment with psychiatrist for evaluation by: 11/1/10

Allow parents to control and dispense ALL of my medication, starting Right Now and continuing until I move out

"Everyone wants to grow nobody wants to change."

5) Attend initial appointment with Counselor by: 11/3/10

Take full responsibility for controlling my Temper Outbursts. And, be willing to be video-taped during my outbursts, so I can see and hear myself, the way others do.

6) Contact Probation Dept. and ask for revised payment plan by: 11/15/10

Pay Court Bill of \$270.00 by: 12/31/10

7) Complete the following list of household chores everyday:

### 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:

I will move out of the house within 6 hours. Or, move into half-way house with my parents paying the first month rent. Or, Attend and complete I.O.P. Or, have my cell phone taken away for 1 month. Or, lose all future financial help.

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Recovering Person Signature

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My Family /Friend Signature

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My Family /Friend Signature

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My Family /Friend Signature