

Recovery Plan

To create a comprehensive relapse prevention plan, start by examining how your addiction has affected you in different areas of life. This will give you a better picture of the consequences of your addiction.

Emotional:
Physical:
Spiritual:
Financial:
Work/School:
Relationships:
Legal:
Other:

How do the examples above show that you are powerless over your addiction?

Risk Factors

Some people are more vulnerable to addiction than others, often due to genetics and other risk factors beyond their control. Understanding these factors and how they might affect your

recovery can be empowering. Take a moment to review the following risk factors and check off any that apply to you.

- ☐ Family history of addiction
- ☐ Trauma
- ☐ Mental illness
- ☐ Growing up in poverty or an unsafe neighborhood
- ☐ Other: _____
- ☐ Other: _____

One effective way to counteract risk factors is by building resilience—the ability to recover and grow stronger after challenges. You can strengthen your resilience by surrounding yourself with supportive people, fostering optimism, and finding a sense of purpose or meaning in life.

Strengths & Values

Next, it's time to examine your personal values and character strengths. Using the list below, choose your top three values. You can also write in your own values. Write about how your addiction has impacted these values. You'll write about your values again when you write your commitment statement. Reflect on your personal strengths and use the list to pick your top five. When you write your commitment statement, incorporate your values. Write about how you'll use them, specifically, to help you stay sober.

1. Compassion ____
2. Honesty ____
3. Integrity ____
4. Courage ____
5. Respect ____
6. Kindness ____
7. Generosity ____
8. Accountability ____
9. Perseverance ____
10. Creativity ____
11. Open-mindedness ____
12. Empathy ____
13. Gratitude ____
14. Justice ____
15. Freedom ____

- 16.Loyalty ____
- 17.Curiosity ____
- 18.Balance ____
- 19.Humility ____
- 20.Fairness ____
- 21.Wisdom ____
- 22.Connection ____
- 23.Growth ____
- 24.Responsibility ____
- 25.Spirituality ____
- 26.Humor ____
- 27.Patience ____
- 28.Independence ____
- 29.Adventure ____
- 30.Love ____
- 31.Other: _____
- 32.Other: _____
- 33.Other: _____
- 34.Other: _____
- 35.Other: _____

How my addiction has impacted my values:

Character Strengths

The following strengths are from the [VIA Institute on Character's framework](#).

Use the lines below to write a letter to yourself, committing to a new sober life. In this letter, declare your dedication to living a sober life. Be specific about how you will improve in each of the areas listed above. Let your values and strengths guide your words. Be as detailed as possible, writing about how you want to improve in each of the above life areas.

Triggers can be internal, like thoughts and emotions, or external, such as people, places, or

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things. They're powerful reminders of drinking or drug use and can lead to intense cravings. The five most common relapse triggers are (Cherry, 2012):

- ☐ Stress
- ☐ People or places associated with using
- ☐ Challenging emotions
- ☐ Sights, sounds, or smells linked to using
- ☐ Times of celebration

You might relate to some, all, or none of these common triggers. The key is to create your own personal list of triggers unique to you.

Create a list of your top five triggers. For each trigger, come up with a plan for how you will cope. Avoidance, although not always possible, is usually your best bet. Recovery is already hard; you don't want to make it any harder by putting your willpower to the test.

Triggers	Plan (Action Step)
1.	
2.	
3.	
4.	
5.	

Emotions

Emotions, particularly the challenging ones like frustration, guilt, and anger, can be powerful triggers. Even positive emotions, such as those you feel during celebrations, can be triggering. For each emotion listed below (Davis, n.d.), write down how you plan to manage it in a healthy way.

ENJOYMENT	
EXCITEMENT	
HAPPINESS	
JOY	
CELEBRATORY	
SADNESS	
REJECTION	
INSULTED	
OFFENDED	
ANNOYED	
LONELINESS	



- ☐ Not attending 12-step meetings
- ☐ Not participating in 12-step meetings
- ☐ Not engaging with sponsor/network
- ☐ Isolating
- ☐ Sleeping too much or too little

- ☐ Eating too much or too little
- ☐ Not being of service to others
- ☐ Complacency
- ☐ Skipping work or school
- ☐ Neglecting basic hygiene or self-care
- ☐ Dishonesty/lying
- ☐ Not sticking to the schedule/routine you created for yourself
- ☐ Keeping secrets
- ☐ Romanticizing past use
- ☐ Irritability
- ☐ Mood swings
- ☐ Not taking medications as prescribed
- ☐ Neglecting important relationships in your life
- ☐ Spending excessive amounts of money
- ☐ Focusing on other people's problems instead of dealing with your own
- ☐ Depression
- ☐ Anxiety
- ☐ Decreased performance at work/school
- ☐ Spending time with people who drink/use
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

For each warning sign you checked off, write down a specific plan for how you'll get back on track if you experience it.

Warning Sign	Plan (Action Step)

Coping Skills

Coping skills can help you successfully navigate a strong urge to use. They’re also part of a healthy lifestyle and recovery maintenance plan.

For each trigger you previously identified, write down a coping strategy that will realistically help you manage if the trigger becomes a craving. Examples include deep breathing, calling your sponsor, or distracting yourself with a book or video clip. It can be helpful to categorize your triggers as internal (thoughts and emotions) or external (people, places, and things). Knowing whether a trigger is internal or external can guide how you cope with it.

Trigger	Plan (Action Step)

Next, create a list of 10 coping skills that you plan to use **daily** to help you stay healthy and maintain a positive mindset—key ingredients for managing cravings more effectively. Review the ideas on the next page for some helpful examples.

1. Exercise
2. Journal
3. Drink water
4. Sing
5. Call sponsor
6. Attend a 12-step meeting
7. Take a hot bath or a warm shower
8. Meditate
9. Dance
10. Cook
11. Pray
12. Color

Source: <https://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>

My Daily Coping Skills

1
2
3
4
5
6
7
8
9
10

My Support Network

List at least five people you can count on when you feel like using:

NAME	CONTACT NUMBER
1	
2	
3	
4	
5	

Creating a Routine

Addiction thrives in chaos. Having a routine offers predictability, which helps reduce stress and create a sense

of safety. A routine also reduces boredom and keeps you engaged in healthy, purposeful activities. Use the template below to create a daily schedule for yourself. Be sure to include time for self-care, leisure activities, exercise, connection, and spiritual/religious activities.

Day/time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

Time

Time

Once you've completed your recovery plan, share it with your sponsor, therapist, or other important people in your support network! For more information on relapse prevention planning and access to additional free templates, see <https://www.therecoveryvillage.com/treatment-program/aftercare/relapse-prevention-plan/>.

References

Cherry, K. (2012, January 20). *5 relapse triggers and how to prepare for them*. Verywell Mind.
<https://www.verywellmind.com/why-did-i-relapse-21900>

Davis, T. (n.d.). *List of emotions: 271 emotion words (+ PDF)*. The Berkeley Well-Being Institute.
<https://www.berkeleywellbeing.com/list-of-emotions.html>

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford University Press and American Psychological Association.