

# Recovery Plan Worksheet

Meetings/Group Therapy:

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Individual/Relational Therapy:

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Daily Recovery Activities (Individual and Relational):

Morning - \_\_\_\_\_

Afternoon - \_\_\_\_\_

Evening - \_\_\_\_\_

Weekly Schedule:

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Addictive Behaviors/Trauma Responses:

Inner Circle (Bottom Line Behaviors) -

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Yellow Flags -

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Steps Related to Relapse and Reporting Relapse:

Relapse is defined as -

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Steps to take when relapse occurs –

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When to report - \_\_\_\_\_

What to report -

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How to report -

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