

Recovery Plan Worksheet

Meetings/Group Therapy:

Individual/Relational Therapy:

Daily Recovery Activities (Individual and Relational):

Morning - _____

Afternoon - _____

Evening - _____

Weekly Schedule:

Escape Behaviors/Trauma Responses:

Inner Circle (Bottom Line Behaviors) -

Yellow Flags -

Steps Related to Relapse and Sharing Relapse:

Relapse is defined as -

Steps to take when relapse occurs –

When to share - _____

What to share -

How to share -
