

## Recovery Plan Checklist Reminders

**Using the SFR Recovery Plan, we each make a pledge.** In the past, it was only the newly recovering addicted loved one who made a pledge, based on an aftercare plan devised while in treatment. Families were not given an opportunity to participate in this solemn promise of recovery. With the SFR Recovery Plan, we come together to make this promise for the welfare of the family and each member in it. We pledge that we are committed to the best in each of us, to successful recovery, and to long-awaited family healing.

**We launch ourselves into recovery.** There are two Recovery Launch Plans: one for family members and one for the newly recovering loved one. Easy to complete, our plans point us to our recovery pathways. Launching ourselves into recovery has the added benefit of uniting family in this common pursuit.

**The Treatment Aftercare Plan is added.** Treatment teams create individualized aftercare plans (also called continuum of care plans) for their addicted patients. This plan is important and is always included in the Recovery Launch Plan.

**We make ourselves aware of relapse warning signs.** Emotional relapse among family members can knock the entire family off balance. For the newly recovering person, relapse may include return to use of alcohol, drugs, or other addictions. Completing the Relapse Warning Signs Checklist helps us identify our warning signs and share them with the team.

**We make a Recovery Reconnection Agreement.** When family members or addicted loved ones relapse, they often can't see it as problematic. They may resist accepting help. That's why we make decisions now, creating a plan to reconnect with our recovery. We clearly state how we want to be helped and by whom (our Recovery Ambassadors). We also write a letter from our present sober self to our future relapsed self. We do this not because we expect relapse. We do it because preparation is always smart.

**As a family, we are transparent.** We share our plans with one another. Addiction lives in the shadows; recovery lives in the light. Our goal is to build trust as we move away from fear.