

SFR Overview Checklist

- Read the book *It Takes a Family*.
- Begin SFR meetings and attend Al-Anon before inviting the recovering person to attend week 3 or 4.
- Select an SFR counselor or chairperson.
- Select a team secretary.
- Review the SFR meeting format and prepare before meetings.
- Use checklists as a simple way to stay on track.
- Practice optimism and the spirituality of kindness.
- Add fun to recovery.
- Review the “Red Light, Yellow Light, Green Light” method of decision making.
- Explore guidelines for developing a Recovery Plan. Refer to chapters 27 and 28.

Excerpted from the book “It Takes a Family,” (Hazelden). © Debra Jay 2021