

## Recovery Plan Wrap Up

This document contains the final components of our Recovery Plan.

### Choose Recovery Ambassadors

I choose my Recovery Ambassadors, the two people who I want to approach me if I'm exhibiting relapse warning signs or relapse. Recovery Ambassadors are usually members of my SFR team but can also be selected from my recovery world. (If not on the SFR team, include phone number.)

Person 1 \_\_\_\_\_

Person 2 \_\_\_\_\_

### How to Approach Me

Following are the ways I'd like to hear my Recovery Ambassadors' concerns.

- Approach me with love, patience, and understanding.
- Use an outreached hand, asking me to reconnect to my recovery and my family.
- See me as someone suffering from a disease that causes an overwhelming compulsion coupled with denial, not as a bad person who doesn't love my family. I love my family even when it doesn't look that way.
- Remind me that I can reconnect – with SFR; with my Twelve Step group, my sponsor, my family; and with my healthy self – and everything will work out.
- Remind me that I can trust my family. Addiction is never trustworthy.
- Remind me that my family always loves me. Tell me that addiction has never loved me. Addiction is nothing more than a trickster and a thief in my life.
- Come to me with my Recovery Plan in hand. I need a plan I can say yes to in this moment – a plan that I committed to when I was strong in sobriety or emotional sobriety.
- Remind me that I am worthy of having good relationships, a fulfilling life, and happiness.

- Tell me that I am worthy of sobriety or emotional sobriety and that everyone on our team will walk the path with me to help me find my way back.
- Remind me that I am not alone.
- I now make a promise that I will love you back and hold your outstretched hand. Even if addiction is telling me not to reconnect with you, the no of addiction will not stop me from saying yes. After all, you are the people I love most in this world.
- Other: \_\_\_\_\_

### **Invite Feedback on My Recovery Plan**

I will choose one SFR team member to read my Recovery Plan and give me honest feedback. Does my plan include the necessary elements for successful recovery? My first job is to listen without comment.

If I hear things I am not in total agreement with, I will choose among the following individuals to get additional feedback: my sponsor, my Recovery Ambassadors, my SFR counselor, and/or an addiction counselor. I can then compare the feedback I've received from multiple trusted sources and make the best choices for my lasting recovery.

#### ***Feedback Sources***

- SFR team member \_\_\_\_\_
- Twelve Step sponsor
- Recovery Ambassadors
- SFR counselor
- Addiction counselor

## Provide Copies to Others

Once you have received and incorporated feedback, copy and email your entire Recovery Plan to the individuals you've selected below:

- SFR chairperson
- SFR counselor
- My Twelve Step sponsor: \_\_\_\_\_
- Recovery Ambassadors and other SFR team members: \_\_\_\_\_  
\_\_\_\_\_
- Others: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_