

Recovery Reconnection Agreements

By reconnection to our recovery, we reconnect to self-worth, trustworthiness, and the respect of others.

Recovery Reconnection Agreement for Family Emotional Sobriety

When I have a recovery relapse, my behaviors are based in fear. Relapse is an emotional barrier between me and other people. I am disconnecting myself from the people I love. Even when unintentional, my behaviors keep others from feeling comfortable around me. While I'm protecting myself, I'm unwittingly isolating myself. This is not part of my recovery plan. The Recovery Reconnection Agreement gives me a way back to the solution. I agree to take the following steps to reconnect with my recovery, my family, and myself and to minimize unintended consequences.

- I will immediately discuss the current situation with my Twelve Step sponsor, attend a meeting with my sponsor, and follow my sponsor's recommendations.
- I will share in a Twelve Step meeting the exact nature of my emotional relapse and how I am using the program to move back into emotional sobriety.
- I will attend three Al-Anon meetings in the next seven days. If I don't have a sponsor, I will ask someone from my Twelve Step group to sponsor me.
- If I have a sponsor, I will ask about completing a good Fourth and Fifth Step. If I have already completed these Steps, I will talk to my sponsor about doing a daily Tenth Step.
- If I am having serious emotional relapses while working a good recovery program, I will determine if there are issues that need to be addressed by a licensed counselor or psychologist specializing in working with family members with addicted loved ones.
- If my emotional relapses are frequent and severe, I will consider attending a residential program designed to work through persistent problems experienced by family members of an addicted person.

Recovery Reconnection Agreement for Sobriety

If I relapse, I need to take action before consequences pile up. Having a plan that I've agreed to in advance makes it easier. Experience shows that creating a specific plan is a powerful tool to avoid relapse in the first place. My Recovery Reconnection Agreement puts all the elements in place for managing a challenging situation and getting back into the solution. I no longer need

to isolate myself if relapse occurs. Instead, I can ask: “Which person do I want to be involved? How do I want them to approach me? What actions will I take and under what circumstances?” I can prove my trustworthiness by being thorough and courageous now, when I’m sober.

Although the expectation is always for lasting sobriety, if I have warning signs, a slip, or a relapse in the future, with this plan, I’ll know exactly how to reconnect to my recovery – and my family – and get myself back on track.

- If any member of my SFR team is concerned about my sobriety, that person must first go to our SFR counselor or SFR chairperson.
- The SFR counselor or SFR chairperson consults my Recovery Reconnection Plan to know how to help me.
- The Recovery Ambassadors I’ve selected in my Recovery Plan should come to me with their concerns, following my plan for the best way to approach me.
- I give my Recovery Ambassadors permission to contact my Twelve Step sponsor.

Name: _____ Telephone number: _____

- If I am having relapse warning signs, I will work with my sponsor to develop an appropriate recovery plan, including attending an appropriate number of meetings per week, meeting with my sponsor, calling recovering people from my Twelve Step groups, getting involved in service work, and reading recovery literature every day.

Choose the Appropriate Level of Support

Small Slip

If I have a one- or two-day slip, not requiring detox, I will do the following:

- I will get honest with my SFR team, starting with our SFR counselor or chairperson.
- I will follow my Recovery Reconnection Agreement together with the Recovery Ambassadors I have named to work with me.
- I will get honest with my Twelve Step sponsor and my home group.
- With my sponsor, I will develop a Twelve Step recovery plan with more support, including ninety meetings in ninety days. I will share the plan with my SFR team during Report, Discuss, Plan.

- If I don't have a Twelve Step sponsor, I will get one immediately and talk with this person daily.
- I will use my SFR accountability partner _____ times a week, and I will use my Personal Recovery Checklist to keep me on track with my Recovery Plan.
- I will sign up for monitoring. This includes random alcohol and drug testing or scheduling a future polygraph test for sex addiction or gambling addiction, if I haven't already.
- If I still can't stay sober, I will use my full relapse plan.

Full Relapse

If I have a full-blown relapse (didn't stop using after one or two days), I will work with my sponsor, SFR counselor (or other addiction professional), and my Recovery Ambassadors to determine the following:

- Do I need detox?
- Do I need a professional assessment?
- Do I need day treatment or intensive outpatient treatment?
- Do I need inpatient or residential treatment?
- Is a Twelve Step immersion residential program the best choice for me?
- Do I need a halfway house or professionally monitored sober house?
- I will review and restructure my recovery program to provide greater support with the help of my Twelve Step sponsor, Recovery Ambassadors, and SFR counselor or other addiction professional.
- I will sign up for monitoring. This includes random alcohol and drug testing or scheduling a future polygraph test for sex addiction or gambling addiction, if I haven't already.