

## Relapse Agreement

- 1) If you, as my family, are concerned about my recovery or think I am drinking and/or using drugs, I would like you to do the following: \_\_\_\_\_

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- 2) I will provide \_\_\_\_\_ with the name and telephone number of my AA sponsor, to be used only if there are serious concerns about relapse or emergency medical issues.

- 3) I agree to take these steps back into recovery. These are guidelines for taking the first step. Working with others, I will determine which is appropriate for me.

a. If I have a one- or two-day slip, not requiring detox, I will get honest with my sponsor and my home group in AA. I will pick up a white chip. I will go to 90 meetings in 90 days. I will talk to my sponsor daily.

b. If I have a longer relapse, and I am still actively involved in AA or NA, working with a sponsor, I will consult with my sponsor, my family and an addiction specialist as to what level of support I need at this point. Some possibilities are:

i. Detox plus one of the following:

1. Intensive outpatient or day treatment

2. Inpatient treatment

3. A halfway house or sober house

c. If I have a relapse, and I'm not working a solid program of recovery, I will admit myself into a residential program immediately. I will follow all aftercare recommendations upon discharge. Name of program: \_\_\_\_\_

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Signed:

Date:

The following is a list of the top relapse signs and symptoms I've identified with help from my mentor.

I am sharing them with family, friends and AA sponsor as an effort to be open and honest about my recovery needs.

If you see these relapse triggers begin to play a major role in my life, I ask you to \_\_\_\_\_

### Relapse Signs and Symptoms:

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