

MY PERSONAL RECOVERY PLAN



NAME:

DATE:

PERSONAL GOALS

List specific, achievable goals related to your recovery from opioid addiction. These could include sobriety milestones, improvements in physical and mental health, rebuilding relationships, pursuing hobbies or interests, or achieving educational or career objectives.

TRIGGERS & COPING STRATEGIES

Identify **potential triggers** that may lead to cravings or relapse. Common triggers include stress, certain environments, social situations, emotional distress, or encountering substances.

Develop a list of **coping strategies** to manage these triggers effectively. This may involve mindfulness techniques, relaxation exercises, seeking support from peers or professionals, engaging in healthy activities, or removing yourself from triggering situations.

SUPPORT SYSTEM

Identify people who can give you encouragement, understanding, and assistance throughout your recovery journey (e.g. relatives, friends, support groups, counselors, healthcare professionals, mentors). How will you actively engage with your support system?

TREATMENT PLAN

Write down the current or planned approaches for treating your opioid addiction (e.g. medication, therapy, counselling, support groups, detoxification programs).

WELLNESS PRACTICES

Some activities or hobbies can promote physical, emotional, and mental well-being. What will you choose? (e.g. regular exercise, healthy eating, adequate sleep, stress management techniques, mindfulness, meditation practices).

PREVENTING OR MANAGING RELAPSES

What are your warning signs for a potential relapse? For example, these might be cravings, negative emotions, or certain places. How will you try to manage these warning signs?

What will you do/who can you contact in times of temptation or crisis?

If you have to manage a relapse, what steps will you take to restart your recovery journey?

EMERGENCY CONTACTS

Compile a list of emergency contacts, including trusted friends, family members, healthcare providers, addiction helplines, and crisis hotlines. Keep this list at hand in case of urgent need or crisis situations.

PROGRESS TRACKING

Decide on how you can track your progress (e.g. keeping a diary, goal setting, milestone celebrations, or regular check-ins with your support network). Celebrate milestones, no matter how small, to keep you motivated on your recovery journey.

By signing below, I acknowledge my commitment to this recovery plan and my dedication to achieving and maintaining sobriety from opioid addiction.

SIGNATURE:

DATE: