

Induction Day Care Plan

Supports

Support has proven time and time again to be a huge factor in the recovery process, below or on a separate page list some supports you have and can utilize.

1. **Family:**

2. **Friends:**

3. **Other (example: peer support clergy, therapist, groups):**

Goals

During and throughout the recovery process it is important to have goals, right now long-term thinking may not be the easiest thing to do but below or on a separate page list some goals you have for yourself over the next few days, and explain what those look like to you.

1.
 - a.
 - b.

2.
 - a.
 - b.

3.
 - a.
 - b.

Self-Care

Taking care of oneself is a key piece to Recovery: when we do good, we feel good, when we do bad, we feel bad, and when we do nothing, nothing happens. Below or on a separate page list a few ways in which you can take care of yourself and things that will help you through the induction process and coming days.

1.

a.

b.

2.

a.

b.

3.

a.

b.