

Induction Day Care Plan

Su	p	po	rts
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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 (i.e. peer support clergy, therapist, groups):

Triggers

During recovery we all run into instances in which we feel as though we are triggered to use, this section will help you identify some of your triggers, and ways to work through them. Below or on a separate sheet of paper list some of your triggers and ways you can work through them.

- 1. Internal Triggers:
 - a. Thoughts:
 - b. Feelings:

2. External Triggers:	
a. People:	
b. Places:	
c. Things:	
d. Situations:	
Relapse	
Relapse is said to be a part of the Recovery process, it can manifest itself in many forms emotional (thoughts and feelings) and physical (the act of using a substance) below or sheet of paper define what relapse means to you and what that looks like, also list ways yourself out of relapse.	on a separate
1. Emotional: Thoughts and feelings leading up to and during.	
a. Thoughts:	
b. Feelings:	

2.	Physical: The act of using and what you can do to prevent or bring yourself out of that.
	a.
	b.
3.	Ways to bring yourself out of a relapse whether emotional or physical.
	a. Emotional:
	b. Physical:
	D. Filysical.
Self-C	Care
	care of oneself is a key piece to recovery : when we do good, we feel good, when we do bad,
we fee	I bad, and when we do nothing, nothing happens. Below or on a separate page list a few ways
	th you can take care of yourself and things that will help you throughout the maintenance phase recovery.
1.	
	a. b.
2.	~.
	a.
	b.

3.	
	a.
	b.
Goals	
thinking a	d throughout the recovery process it is important to have goals, planning and long-term re one of the keys to success, below or on a separate page list some goals you have for wer the next 3, 6, 9, and 12 months and explain what those look like to you.
Goals:	
Coping S	Skills
way to ma	ays to positively cope with life on life's terms is a big part of the healing process and a good mage and progress in your recovery. Below or on a separate sheet of paper list some coping have and use, and also list some you would like to work on or build upon
Coping S	kills: