

Maintenance Care Plan

Supports

Support has pro	oven time	and time	again to	be a	huge 1	factor i	n the	recovery	process,	belov	w or	on a
separate page	list some s	supports y	ou have	and o	can ut	ilize.						

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		
section	recovery we all run into instances in which we feel as though we are triggered to use, this will help you identify some of your triggers, and ways to work through them. Below or on a te sheet of paper list some of your triggers and ways you can work through them.		
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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, such as emotional (thoughts and feelings) and physical (the act of using a substance) below or on a separate sheet of paper define what relapse means to you and what that looks like, also list ways to bring yourself out of relapse.
1. Emotional: Thoughts and feelings leading up to and during.
a. Thoughts:
b. Feelings:

2. Phy	rsical: The act of using and what you can do to prevent or bring yourself out of that.
á	ı.
ŀ	D.
3. W	ays to bring yourself out of a relapse whether emotional or physical.
	a. Emotional:
•	
	n Physical:
·	o. Physical:
	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 u can take care of yourself and things that will help you throughout the maintenance phase
of your reco	
1.	
	a.
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2.	
	a .
k).

3.

a.

b.

Goals

During and throughout the recovery process it is important to have goals, planning and long-term thinking are one of the keys to success, below or on a separate page list some goals you have for yourself over the next 3, 6, 9, and 12 months and explain what those look like to you.

Goals:

Coping Skills

Finding ways to positively cope with life on life's terms is a big part of the healing process and a good way to manage and progress in your recovery. Below or on a separate sheet of paper list some coping skills you have and use, and also list some you would like to work on or build upon

Coping Skills: