



Recovery Action Plan Worksheet

Date: _____

1. Recovery Goals (SMART Goals)

Example: Attend 5 meetings a week, secure employment within 30 days, pay weekly program fees.

- **Goal 1:** _____
- **Goal 2:** _____
- **Goal 3:** _____
- **Goal 4:** _____

2. Potential Triggers & High-Risk Situations

List people, places, or situations that tempt you to use or cause stress.

- **People:** _____
- **Places:** _____
- **Emotions/Situations:** _____

3. Coping Strategies & Action Steps

What will you do instead of using when triggered?

- **Immediate Action:** (e.g., Call sponsor, leave the situation)

- **Alternative Activities:** (e.g., Exercise, attend meeting, journal)

- **Mindfulness/Self-Care:** _____



4. Support System

Names and numbers of people who support your sobriety.

- **Sponsor:** _____ **Phone:** _____
- **Safe Family/Friend:** _____ **Phone:** _____
- **House Manager/Staff:** _____ **Phone:** _____

5. Routine & Structure

Daily/Weekly commitments required for residence.

- **Morning Routine:** _____
- **12-Step/Support Meetings:** _____
- **Chores/House Responsibilities:** _____
- **Curfew Check-in Time:** _____

6. Emergency/Relapse Prevention Plan

Steps to take if you feel you are about to relapse.

1. Leave the location immediately.
2. Call _____
3. Go to a meeting.
4. If I use, I will immediately inform: _____