



LIFE RECOVERY PLAN OF

UPDATED:

This LRP is a written record of the recovery programme that I intend to work in order to maintain sustainable freedom from cycles of dysfunction and live up to my true potential and purpose.

BUILDING BLOCK ONE: PICTURE IT

1

VISION

My vision is a picture of my possible future, as I would like it to be.

I see myself...

Physically

Mentally

Emotionally

Occupationally

Financially

Spiritually

Relationally

BUILDING BLOCK TWO: SPEAK IT

2

DECLARATIONS

Declarations are statements that I can use regularly to affirm myself and proclaim a new reality.

Problematic thoughts:

Opposing declarations:

□ BUILDING BLOCK THREE: PLAN IT

3

▪ ABSTINENCE

To free myself from cycles of dysfunction, I choose to abstain from:

▪ ROUTINE

To cultivate order, balance, and productivity in my life, I will follow this rhythm for daily living:

	Early Morning	Morning	Midday	Early A/Noon	A/Noon	Early Evening	Evening
Mon							
Tues							
Wed							
Thurs							
Fri							
Sat							
Sun							



▪ **TRIGGERS**

I have identified the following *avoidance* and *resilience strategies* to address my triggers.

Trigger	
Typical reaction	
Avoidance strategies	
Resilience strategies	

Trigger	
Typical reaction	
Avoidance strategies	
Resilience strategies	

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Resilience strategies	

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Typical reaction	
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Resilience strategies	

Trigger	
Typical reaction	
Avoidance strategies	
Resilience strategies	

▪ **ACCOUNTABILITY**

My accountability partners are as follows:

Name	Contact Info	Area of Assistance		
		<input type="checkbox"/> Abstinence	<input type="checkbox"/> Boundaries	<input type="checkbox"/> Lifestyle
Relationship		<input type="checkbox"/> Medication	<input type="checkbox"/> Behaviour	<input type="checkbox"/> Online activity
		<input type="checkbox"/> Finances	<input type="checkbox"/> Self-care	<input type="checkbox"/> Other:
		<input type="checkbox"/> Programme	<input type="checkbox"/> Goals	

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		<input type="checkbox"/> Programme	<input type="checkbox"/> Goals	

▪ **WISE COUNSEL**

My wise counsel is as follows:

Name	Contact Info	Area of Assistance	
		<input type="checkbox"/> Addressing challenges	<input type="checkbox"/> Value alignment
Relationship		<input type="checkbox"/> Navigating relationships	<input type="checkbox"/> Spiritual growth
		<input type="checkbox"/> Making decisions	<input type="checkbox"/> Other:
		<input type="checkbox"/> Working a programme	

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		<input type="checkbox"/> Working a programme	



▪ **PILLARS OF RECOVERY**

I have committed to live by the following fundamental values:

Value	Related Attitudes and Behaviours

▪ **WARNING SIGNS**

I have identified the following strategies to address my most significant warning signs:

Warning Sign	Resilience Strategies

▪ **BOUNDARIES**

The following boundaries will help me to protect myself and avoid self-defeating patterns.

□ **BUILDING BLOCK FOUR: DEVELOP IT**

4

▪ **PROFESSIONAL CONSULTATION**

Multifaceted support optimises my holistic well-being.

In the last 6 months, I have consulted with the following professionals:	
My next appointments are scheduled for:	
I have received the following treatment recommendations:	
Medication	Other

▪ **MOORING LINES**

These are the behaviours, attitudes, and activities that are vital to keep *in place* because of their importance in keeping my recovery securely anchored.

My Mooring Lines	

▪ **PERSONAL DEVELOPMENT**

Understanding that sustainable recovery is synonymous with radical change, I will seek empowerment, personal development, spiritual growth, and freedom from self-defeating patterns, by:



I will continue to live in and expand a culture of recovery by:

My Short-term Goals are:

My Long-term Goals are:

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I have completed the following Personal Development Tasking:

- LRP Step1 Step2 Step3 Lifestory Peer Share
- Step4 Step5 Step6 Step7 Step8 Step9
- Step10 Step11 Step12 Facilitator Training

Signed	
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