



Celebrate Recovery®

Celebrate Recovery at New Hope Church

Personal Recovery Plan

The following Personal Recovery Plan (PRP) is a tool designed to assist you in formulating guidelines for healthy, long term wellness and relapse prevention. There isn't a "one size fits all" PRP, because everyone's issues and life situations are different. This PRP outline is customizable to fit your own recovery and is only a basic framework. As you create your own plan, keep in mind that the plan should be evaluated and revised to meet your changing needs and goals as you grow in your recovery.

Your plan will only be effective if you have someone to help you keep on track and be accountable to what you have agreed to. This can be a sponsor, accountability partner, counselor, pastor or other trusted friend that you can be completely honest with and has success in their own recovery. If who you choose is a pastor or counselor, they should have working knowledge of the 12 Step process.

The following headings represent basic areas of recovery that will help you define what recovery and sobriety looks like to you as well as other important areas to identify for relapse prevention, creating steps for restoration and actions to take to sustain your recovery goals.

Define my sobriety

Define what sobriety is for your specific issue, addiction or compulsive behavior. Be as specific as you can. This needs to be done with the assistance of your sponsor.

Self-care

List daily goals and commitments to maintain your definition of sobriety written above.

Health

Include dietary goals, recommended amount of sleep, exercise and any instructions or medications directed by a physician.

Spiritual

List daily and weekly personal commitments to your spiritual health. Include regular time alone with God, Bible study and prayer, serving and attendance at church services and CR.

Support

List names & contact information - frequency of contact – Meeting times & locations.

Accountability

Sponsor

Recovery meetings

Counseling

Relapse

The term “relapse” can have different meanings depending on the recovery issue in question. For example, a relapse for someone struggling with chemical addiction is fairly easy to define. If they used a chemical (drank or took drugs in a way that was not prescribed by a doctor), that is a relapse. However, the definition of a relapse for a co-dependent is not as easily identified and may differ for different people. With certain issues, only the person themselves will be able to determine if he or she relapsed. Take some time and discuss with your sponsor what a relapse would look like for you and your issue.

Portions from 2016 Advanced Leadership Guide, Relapse Restoration, Chap. 4, pg. 221, Ongoing Leader Training

Define Relapse

Define what relapse is for you and your issue. Be specific. This should be done with the assistance of your sponsor.

Tools for relapse prevention

Practice Principle 7:

Reserve a daily quiet time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to follow His will.

Evaluate – practice the HEART check – **ask** am I...

Hurting

Exhausted

Angry

Resentful

Tense

Listen to Jesus - slow down enough to hear the Lord's directions

Alone and quiet time - Set a daily appointment time to be alone with God, so that you can learn to listen carefully, and learn how to hear God.

Plug in to God's power – Pray to your higher power, Jesus Christ.

Slow down - After you spend time alone with God, you need slow down long enough to hear His answers and direction. After we pray and ask, we need to listen

Enjoy your growth - You need to enjoy your victories. Rejoice in and celebrate the small successes along your road to recovery.

From Celebrate Recovery Leaders Guide Lesson 21, Relapse

Warning signs

Identify early warning signs and triggers that let you know you are beginning to have negative feelings. Include people, places and situations that are not healthy to your recovery.

Boundaries

Set specific boundaries that if crossed or violated, would have the potential to derail your own recovery goals.

Restoration plan

Write out a detailed action plan with your sponsor on what to do if you have relapsed.

Additional resources

Recovery and wellness

Fairfax-Falls Church Community Services Board - Wellness Recovery Action Plan

<https://www.fairfaxcounty.gov/community-services-board/recovery/whats-in-wrap>

The Substance Abuse and Mental Health Services Administration (SAMHSA)

Working definition of recovery from mental disorders and/or substance use disorders

<https://store.samhsa.gov/shin/content//PEP12-RECDEF/PEP12-RECDEF.pdf>

Relapse prevention and restoration

Relapse Restoration

Celebrate Recovery 2016 Advanced Leadership Guide, Chap. 4, pg. 221- 223, Ongoing Leader Training – available upon request

Relapse

Celebrate Recovery Participants Guide 4 - Growing in Christ While Helping others – Lesson 21 Relapse,

pg. 34-40

Relapse Prevention Plan and Early Warning Signs

<https://www.addictionsandrecovery.org/relapse-prevention.htm>