

Maintaining Abstinence & Developing a Follow-up Plan

Maintaining Abstinence

It is important to identify and develop a follow-up plan, review current resources and identify areas in which you need to develop support. This will help you achieve long-term success in recovery. Please fill out the following worksheet which can help you in this process.

1. Would additional drug and/or alcohol counseling be helpful to you in maintaining your sobriety?
2. Are any of the major triggers of your use related to a mental health issue?
3. Would additional mental health counseling (i.e.: for past trauma, depression, anxiety, marital counseling) be helpful to you?
 - a. Have you connected with AA or NA?
 - b. Would attending meetings give you extra support?
 - c. Specifically what meetings do you plan on attending?
 - d. If you have attended meetings do you have a sponsor?
4. Do you have access to recovery literature, like the AA Big Book? Reading a passage can sometimes be helpful with changing negative thought patterns. Develop a plan for yourself to read from a specific book daily or if you notice your thoughts turning toward drugs or negative patterns. Write the names of the books below.
5. List people in your life that have been supportive to you during your treatment. Make a contract with yourself to contact a supportive person several times a week.
 - a. List new people that you may access for support.

6. Think about performing a daily inventory of your recovery. Spend five minutes at the end of each day thinking about the following: a) are there any clues today which indicated a build up to using drugs? b) did I experience any risky situations or triggers? If you answer yes to either, spend another five minutes on a relapse prevention plan.

Developing a Follow-up Plan

1. Living a sober life involves much more than simply “not using.” Remember, the changes you have made during treatment will need continued attention and work. Maintaining a balance is especially important during the recovery process. Discuss the following areas with your therapist and decide which areas of your life are out of balance. Think the progress you have made in the following areas since you entered treatment. What would you like to accomplish in these areas in the near future?
2. Health: Are you getting proper nutrition and eating on a regular schedule? What role does exercise have in your life? Do you attend regular dentist visits and see a doctor as needed? Do you have any health issues that need attention?
3. Recreation: What are your interests? What are the ways you are learning to have fun without using drugs? Are you regularly participating in leisure activities?
4. Relationships: Who are the people who are supportive of your recovery? Are you working on developing new relationships? How is your relationship with your partner or family members?
5. Employment/ School: Are you happy with your job? Do you have any vocational or education goals?
6. Psychological and Spiritual Health: How can you continue to work on and support yourself emotionally? What do you do for daily self-care that helps your emotional or spiritual self?
7. How has this program been helpful to you? Which aspects of this program have been helpful and which have not? In what specific ways has your behavior changed since you have been in treatment?