

My Individual Recovery Plan

My current strengths in recovery include the following:

My current weaknesses in recovery include the following:

Identify additional recovery strategies in which I will engage for each of the dimensions listed below. In addition, identify **when and **where** this will occur.**

Physical	Social	Psychological/ Mental	Spiritual
<i>When</i>	<i>When</i>	<i>When</i>	<i>When</i>
<i>Where</i>	<i>Where</i>	<i>Where</i>	<i>Where</i>

Please save and send this completed form to your facilitator.