



### Self-Status Monthly Recovery Plan

Month submitted for: \_\_\_\_\_

Name (Please Print): \_\_\_\_\_ From: \_\_\_\_\_ To: \_\_\_\_\_

What is relapse prevention? *Relapse prevention is the term used to describe a way of identifying unhelpful thinking and behaviors and reducing them with the aim of promoting positive behaviors, thoughts and feelings which may prevent relapse to substance use and ill health (both physical and emotional).*

Each month, answer each of the following questions for awareness of positive behaviors and thoughts to support recovery.

1) What are the changes/differences in the way I think? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) What are the changes/differences in the way I feel? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) What are the changes/differences in the way I act? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4) What are the changes/differences in the way I handle practical situations, relationships and the problems I face? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5) What new skills have I gained that could help me in the future? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6) What thoughts or behaviors keep me motivated to maintain sobriety? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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