



## **Brave Spaces Health and Wellness PLLC**

**Created by: Kelsey R. Worfler, LCSW, LAC, RYT**

# **SOBRIETY AGREEMENT**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” –Ralph Waldo Emerson

This agreement is used to safeguard your recovery. It is also an opportunity for you to inform your Recovery Support Network how to respond if you are in jeopardy of relapsing.

The purpose of this agreement is to:

- Identify Recovery Behaviors
- Identify Relapse Triggers and Behaviors
- Identify (and Connect with) a Recovery Support Network

**My Sobriety Date is: \_\_\_\_\_!**

**Current Recovery Maintenance Activities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**What I Do on a Regular Basis for Self-Care:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**My External Relapse Triggers are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**My Internal Relapse Triggers are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**When I am Triggered, I Will:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**My Relapse Warning Signs are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**The Probable Consequences of Relapsing are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**For Support I Can Call:**

- |                          |                               |
|--------------------------|-------------------------------|
| 1. _____                 | Number: _____                 |
| 2. _____                 | Number: _____                 |
| 3. _____                 | Number: _____                 |
| 4. _____                 | Number: _____                 |
| 5. <u>Kelsey Worfler</u> | Number: <u>(970) 568-5881</u> |

**National Suicide Prevention Lifeline: 1-800-273-8225**

**SummitStone Health Partners: (970) 494-4200, Option 4**

**If you are having a mental health emergency,  
please call 911 or go to your nearest emergency room.**

**YOU CAN DO THIS!!**

