

RECOVERY PROGRESSION PLAN



“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step.” –Naeem Callaway

This document is a guide designed to support your recovery. It is also an opportunity, if you choose, to inform your **Recovery Support Crew** how to respond if they see signs you may be struggling. (This is not be considered to be a suicide safety plan.)

What is a Recovery Support Crew [RSC]? These 1-3 individuals are people whom you trust to the best of your ability. These individuals may be others in recovery who can empathize with your experience and hold you accountable. Or they may be people in your life who know less about recovery, but more about your personal journey and can also help you with reflection.

We suggest sharing a copy of this document with your RSC and having a conversation with them about how each one can support your ongoing recovery efforts, as well as any triggering or crisis situations that may arise.

OPTIONAL: My Sobriety Date is: _____

Current Motivations for Recovery: Why are you sober for YOU and for Others?

We mentally, emotionally, and spiritually relapse before we actually physically pick up a drink or a drug; recognizing these **warning signs** is VERY important.

My Relapse Warning Signs are:

Current Recovery Maintenance Activities: .

The Probable Consequences of Relapsing are:

My Potential Relapse Triggers are:

IN THE MOMENT SKILLS: When I am Triggered, I Can:

****Options Include: walking away, calling a support person, using 5-4-3-2-1, deep breathing,**

For Support I Can Call:

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

****We CANNOT recover alone.****

5-4-3-2-1:

- 5 Things you Can See;
- 4 Things you Can Feel;
- 3 Things you Can Hear;
- 2 Things you Can Taste/Smell;
- 1 Thing you are Grateful For

Triangle Deep Breathing:

Slowly inhale through the nose for a few seconds
Hold your breath for the same amount of time,
Slowly exhale through the mouth or nose.
Immediately repeat the inhale through the nose.

Are You: **Hungry, Angry, Lonely,** and/or **Tired??**



Hungry: Go have a snack (maybe some protein or fruit) and a glass of water; could this be done outside or near something natural like a plant?

Angry: Put on loud music and dance, shake your hands/arms/head, scream into a pillow or slam one onto the ground. Take some conscious deep breaths in through your nose.

Lonely: Pick up the phone and call someone, go to a meeting online or in person, head to a coffee shop/library/the gym, find an animal and become friends. Ask for help.

Tired: Rest if you need to! Take a nap. Read a book. Drink some tea. Say no to optional things when you don't want to do them. Engage in self-care because it is not selfish.

Crisis Resources

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

Montrose & Delta: Crisis Walk In Center: 300 N. Cascade Ave; Montrose 970-247-5245

Northern Colorado: SummitStone Health Partners Crisis: (970) 494-4200, Option 4
Longview Crisis Center 2260 W. Trilby Road; Fort Collins, CO 80526

Colorado 24-hour Crisis Hotline: 1-844-493-8255; text TALK to 38255; or chat online at <https://coloradocrisisservices.org/#intro>

National Suicide Prevention Lifeline: 1-800-273-8225; Text 988 or chat online at <https://988lifeline.org/talk-to-someone-now/>

Queer Crisis Line: Trevor Helpline: 1-866-488-7386 or go to TheTrevorProject.org

Addiction/Mental Health Resource Page | Mysite (bravespaces.com/resources)



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