

Recovery Plan for \_\_\_\_\_

Date \_\_\_\_\_

My commitment to my family:	What might help me get back on track:	What would NOT helpful:

Recovery Commitment from the family of \_\_\_\_\_

Date \_\_\_\_\_

These are things we are willing to do to help:

If you remain clean.....

If you relapse.....

These are things we are NOT willing to do:

If you remain clean....

If you relapse.....

---

---

---

---

---

---