

**It Takes a Family**  
**A Cooperative Approach to Lasting Sobriety**  
*Debra Jay*

---

**Red Light, Yellow Light, Green Light Decision-Making Checklist**

- ☐ No surprises: We don't drop bombs in the middle of SFR meetings.
- ☐ We bring concerns to SFR counselor or team chairperson before a meeting.
- ☐ We ask: "Is this concern directly or indirectly related to relapse warning signs or symptoms?"
- ☐ Decisions are made upon reviewing the concern and its appropriateness for SFR.
- ☐ Red Light: A concern may be legitimate, but it's not appropriate for an SFR meeting.
- ☐ Yellow Light: A concern may be legitimate, but we're not sure if it is or isn't appropriate for an SFR meeting. We give ourselves more time to contemplate.
- ☐ Green Light: A concern is legitimate and is appropriate for an SFR meeting.
- ☐ We follow the guidelines in our Recovery Plans when approaching teammates who are demonstrating relapse symptoms or who have relapsed.
- ☐ We demonstrate flexibility, giving teammates reasonable time to make better recovery decisions, unless they are in imminent danger. We then act quickly, engaging professional services as needed.

***Photocopy checklist for repeated use.***