

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

The Eight Essential Elements

Thoroughly complete all that apply to you, asking your SFR team for feedback. Provide copies to your SFR counselor and chairperson as well as your Twelve Step sponsor.

Positive Rewards and Negative Consequences

Negative consequences related to addiction behaviors:

Positive consequences for recovery behaviors:

Frequent Random Drug Testing and Monitoring

The company I will use: _____

The monitoring services being provided: _____

The people who will receive reports: _____

Notes: _____

Twelve Step Program and the Abstinence Standard

I am committed to attending Twelve Step meetings. ☐ yes ☐ no

I am committed to abstinence from all mood-altering substances, including alcohol, illicit drugs, and prescription drugs. ☐ yes ☐ no

I am following the aftercare plans developed by treatment professionals. ☐ yes ☐ no

Notes: _____

Viable Role Models and Recovery Mentors

I will identify someone in AA or Al-Anon to be my sponsor. ☐ yes ☐ no

I will use the alumni association from my treatment program to find someone in recovery in my home area. ☐ yes ☐ no

I will call friends or family members who are in recovery and ask them to go to some meetings with me. ☐ yes ☐ no

I will use a professional Twelve Step Recovery Mentor. ☐ yes ☐ no

Notes: _____

Modified Lifestyle

These are the people, places, things, activities, and behaviors I will remove from my life:

These are the people, places, things, activities, and behaviors I will add to my life:

Notes: _____

Active and Sustained Monitoring

I commit to Structured Family Recovery with my family team for a minimum of forty-eight meetings. ☐ yes ☐ no

At the end of the forty-eight weeks, as a family team we will evaluate our recovery needs. ☐ yes ☐ no

I will commit to sustained random drug screens for a minimum of twelve months, but with serious consideration of extending this more closely to match the Physician Health Program for doctors. ☐ yes ☐ no

If I have one or more relapses in the first twelve months, I will definitely extend drug screening for another twelve months. ☐ yes ☐ no

Notes: _____

Active Management of Relapse

If I relapse (physical or emotional), I expect my family recovery team to use my relapse agreement to intervene and help me. ☐ yes ☐ no

If I relapse, I will work with my recovery team or an addictions professional to determine the right level of care to restart my recovery. ☐ yes ☐ no

I will reconsider the support I need going forward to ensure lasting sobriety. ☐ yes ☐ no

I will engage my Twelve Step sponsor in my ongoing recovery plans. ☐ yes ☐ no

If I have an Al-Anon relapse (emotional insobriety, enabling behaviors, or recovery sabotage), I will look for appropriate individual counseling with a specialist in addiction and family issues. ☐ yes ☐ no

If I have an Al-Anon relapse, I will talk to my Twelve Step sponsor to discuss the number of Al-Anon meetings I need to go to per week. ☐ yes ☐ no

I will work with the family recovery team, my sponsor, or an SFR counselor to put into place an appropriate level of accountability, recovery alliances, and increased monitoring that will sustain my ongoing recovery. ☐ yes ☐ no

Notes: _____

A Continuing Care Approach

I understand addiction is a chronic disease with no cure.

☐ yes ☐ no

I understand that lifelong recovery is achieved by managing the chronic nature of addiction through Twelve Step recovery and other support systems, as needed.

☐ yes ☐ no

Al-Anon is also an ongoing recovery program, maintaining the best spiritual health and capacity of families to engage the alcoholic or addict in a healthy, happy relationship.

☐ yes ☐ no

I understand that physicians sustain this level of support for five years, which is credited with their high and lasting rates of sobriety.

☐ yes ☐ no

Notes: _____
