

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

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**Recovery Plan Checklist**

	NAME _____	NAME _____	NAME _____	NAME _____	NAME _____	NAME _____	NAME _____	NAME _____
Write My Recovery Goal								
Write Recovery Commitment Statement								
Complete Relapse Warning Signs Worksheet								
Complete Eight Essential Elements Worksheet								
Complete Relapse Agreement								
Write Rapid Relapse Response								
Share Recovery Plan with My Team								
Invite Team to Give Me Feedback								
Give a Copy to Team Chairperson								
Give a Copy to SFR Counselor								