Structured Family Recovery Overview Checklist

☐ Read the book *It Takes a Family*.

☐ Here family members begin SFR meetings and attend Al-Anon before inviting the recovering person.

☐ Select an SFR counselor or chairperson, or both.

☐ Select a team secretary, who may delegate to other teammates.

☐ Review the SFR meeting format and make preparations before meetings.

☐ Use checklists as a simple way to stay on track.

☐ Practice optimism and the spirituality of kindness.

☐ Add fun to recovery.

☐ Review the “Red Light, Yellow Light, Green Light” method of decision making.

☐ Explore guidelines for developing a Recovery Plan: 1) refer to the resources section in part IV of this book; 2) work with the SFR counselor and/or chairperson to begin work; 3) begin only after the newly recovering addict has joined the SFR team.