

Recovery Plan

First Column: Realizing we were powerless over some people/places/things – and that they had made our life unmanageable – we placed them in our “First Column”. These are the few things we are honestly willing to abstain from. *Easy does it.* A plan can be added to gradually over time. It takes a huge amount of emotional support to change. We are cautious and start simply, define things clearly, leaving nothing unclear or ambiguous. Note: our “Higher Power” is as we define it, something that we believe can restore us to sanity. It might simply be the Fellowship itself. After mutual agreement with a sponsor and formalizing it into a “plan”, engaging in these First Column behaviors in the future then becomes a “slip” on our individual plan.

Second Column: We are as specific as we can be about who/what/when/where/how these First Column events tend to happen. What “triggers” them. Looking back we realize we often had uncomfortable feelings (such as ‘HALT’: Hungry, Angry, Lonely, Tired) and we acted out trying to avoid these feelings. Perhaps it is contact with family members or with other people, places or situations that trouble us. We consider it an ongoing investigation, adding more to this Second Column as we learn more.

Third Column: Staying sober is more than just stopping our acting out behaviors – we must replace the time and energy spent in acting out with healthier diversions, hobbies and pleasures. We rebuild our connections to the people, places and activities that gave us joy, or discover new things. In our Third Column we try to include at least a few simple things easy to start out with.

I ask my Higher Power to free me from these people, places and things:	The times/situations around which these First Column things most frequently occur:	I want to add to my life in recovery these people, places, and things that give me joy:

Plan date: