

# MY RECOVERY PLAN ACTION PLAN

Adopted from the Substance Abuse and Mental Health Services Administration (SAMHSA) Action Planning for Prevention and Recovery manual.

<https://www.veterantraining.va.gov/apps/recovery/index.html>

## DAILY PLAN

### FEELING WELL

Identify specific things you do and feelings you have when things are going well. Or describe how you would like to feel.

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## DREAMS AND GOALS

Add things you would like to do or complete in the short term or long term.

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## DAILY LIST

Enter the specific things you have to do on a regular basis to stay well.

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**REMINDER LIST**

Make a reminder list for yourself of things you might need to do, but don't do every day. Check the list each day to ensure that you do those things, as well as actions on your Daily List, to keep yourself well. You'll avoid a lot of the stress that comes from forgetting occasional but important tasks.

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**REMINDER LIST QUESTIONS:**

- Did I prioritize the tasks?
- Did I add these to my calendar and Daily List?
- Did I accomplish the tasks?
- Did I identify triggers and use my action plan to prevent procrastination?
- Did I postpone or reschedule some of the tasks to prevent from being overwhelmed?

# TRIGGERS

## IDENTIFYING TRIGGERS

Identify things and situations that make you feel bad and may cause a relapse.

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## **TRIGGERS ACTION PLAN**

Describe specific things you do to cope with symptoms or to feel better when a trigger occurs.

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# **EARLY WARNING SIGNS**

## **IDENTIFY EARLY WARNING SIGNS**

How do you feel when you know you are not feeling quite right? How did you feel just before you had a hard time in the past or when you noticed that your habits or routines changed?

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## DEALING WITH EARLY WARNING SIGNS

Describe specific things you do to cope with symptoms or to feel better when early warning signs occur.

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# **WHEN THINGS ARE BREAKING DOWN**

## **SIGNS THAT THINGS ARE BREAKING DOWN**

List symptoms that indicate to you that things are breaking down or getting much worse.

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## **REDUCE YOUR SYMPTOMS WHEN THINGS ARE BREAKING DOWN**

List what you think will help reduce your symptoms when they have progressed to this point.

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