

Recovering Person's Family Agreement

Date: _____

My Most Preferred Living Situation _____

My Plan "B" Living Situation _____

Specific Actions* For R.P. to Take (Along With Target Dates)

*Change = Awareness + New Action

Change is Painful

"Change involves challenging what is familiar to us; and daring to question our needs for safety, comfort, & control. It's often a painful experience."

1) _____

2) _____

3) _____

"Everyone wants to grow nobody wants to change."

4) _____

5) _____

6) _____

7) _____

Problems I have with "Change"

- Owning responsibility for my actions
- Finding strength to deal with it
- Trusting my "Gut"
- Asking for help

Consequences I agree to, if I use any Mind Altering Substance *not* prescribed, or *not taken* as prescribed:

R.P. Signature

My Family /Friend Signature

My Family /Friend Signature

My Family /Friend Signature