

# Personal Recovery Plan Summary

## My goals and Motivations are

Be able to live an active and positive life by making the best of my good health and ability. I would like to become the best version of myself and apply myself to reaching that goal. I would like to be able to have good relationships with my loved ones although this may be beyond my own control and require forgiveness and change from others. I would like to be compassionate and solution focussed.

### Motivations

Be a positive role model for my children. Be an inspiration for my family members who can enjoy my company and see that I am trying the best I can in life. Be capable of living a full and independent life in future.

## How I intend to deal with people who are discouraging

I don't really have many people that are holding me back as such but do have dealers numbers in my phone. I think it is best that I avoid them and delete those numbers from my phone. The problem is that I don't have many friends or family that don't use substances that I am close to here in Glasgow. The ones I do have relationships with I have explained that I can only spend time with them doing activities that are drug free and have a positive impact on my life. I will look to have closer friendships with other people in the future and develop a network of positive friendships.

## How I intend to deal with people that may cause negative emotions

Enter the steps you plan to take to avoid relapse due to problems with Friends, you might want to list names and any specific problems and how you plan deal with them

Martin, Ryan - Re-Emphasise that the time we spend together should be drug free given my problems. If

this is a problem for them then perhaps we should avoid spending that time together.

## **How I intend to build up trust**

Detail how you are going to deal with trust issues and build trust

This has been an area which has caused me great difficulty in the past when in recovery. Even after 12 months sobriety my daughter raised this issue with me and then stopped talking to me. I will try and contact my children and explain the journey I am embarking upon and the changes I plan to make. I may have to take some counselling in order to assist me in dealing with this as it is difficult to deal with and will add fuel to my internal condemnation and depression.

## **What other social outlets I may think about**

Are there any new social groups you can join?

I think I should perhaps look at joining a hiking group as its a social outlet that I enjoy. I could also try to improve the relationships that I have done damage to within my family and enjoy more social outlets with them. A lot of the activities I enjoy are on my own at present such as cycling, walking, hiking and swimming. I may perhaps look to join clubs and do these activities with others in future.

## **A list of places that may cause cravings**

Enter the places you associate with active addiction.

Clubs and Pubs. Greenock and the gang from down there. Alcohol is a bit of a gateway drug for me towards smoking cigarettes and eventually weed. It seems like my only way forward is complete sobriety as I lose my self control when those are involved. Smoking cigarettes is just a trigger and reminder for me of smoking cannabis and that is what I crave when I smoke cigarettes. I have not developed a problem with alcohol to date so it may not be a problem in moderation but one I must be mindful of in future.

## **How I intend to deal with places that may cause cravings**

My addiction led to me smoking cannabis anywhere and everywhere usually whilst driving to places and so on. It was an activity I did while I was on my own as well so places aren't typically a trigger for me unless

there are others partaking in drug use at that time.

## **A list of things that may cause cravings**

Enter the things that may cause cravings. The Winter time and depression are things that definately affect me and trigger by cannabis abuse. Also emotional turmoil and constant ruminating are things that I look to escape with cannabis use.

## **How I intend to deal with places that may cause cravings**

I will try to stay active which balances the chmicals in my brain. I also plan to journal to keep a close note on my own feelings and emotions.

## **HALT**

Write down what your thoughts are on how to avoid these 4.

I will try and plan my meals and keep a good schedule thoroughout the day. By having my meals planned and eating at consistent times will help me avoid the hungry part.

Anger is a destructive emotion I am having difficulty with at present. I plan to talk about this to my CPN next week and also try to acknowledge when I am feeling it. I feel anger towards myself for the latest relapse and assocaited behaviour, my loved ones for the contact they have cutoff and also the negative feelings they have towards me at the moment.

Lonely - This causes me a lot of problems and I live on my own which is really difficult for me to deal with. I spend a lot of time with my parents at the moment which helps me but will have to look for other company in future as its not healthy for me or them fo this to be the case for such a large proportion of the time.

Tired - I plan to work on my physical fitness so that I am able for my days. At the moment staying out of bed and partiapiating in life is a goal. I aim to be tired at night so that I can sleep well and participate in life.

#### Strategy ###

## **What I intend to do when I am really susceptible to relapse**

I definitely need to talk a lot but perhaps need a professional or other outlet. The walking and running also help balance what I am thinking about and come to a more rounded opinion on things rather than following impulse or gut feelings on things. My Bi Polar support group and Lifering may help. I will ask what is available from my CPN as well regarding counselling or Psychotherapy.

## **How I intend to reward myself**

What positive rewards can I give myself.

To eat well and have nice clothes. I will need to think about this and add to it in future.

## **Routine and Structure**

Get out of bed and eat breakfast. Try to get out for a walk in the morning and structure my day around getting as much sunlight as possible throughout the days.

Running or walking. I have to try and workout in the open air as much as possible. Making sure I have lunch.

Resting and reading. Watching less TV and perhaps a workout if I have not managed this during the day.

## **How I intend to improve sleep**

I have to change my screen time in the evening. Also making sure I use as much energy as possible in order to be sleepy at night. Take my tablets at the same time each evening to go to sleep at the right time.

## **Hobbies**

List hobbies that you may be interested in. These may be long forgotten pastimes, or something brand new.

This is an area that I have to improve upon and take up a hobby. Cant think of much at the moment but personal development should be part of that.

## **Meditation**

Write down your thoughts on meditation. I have used this at various times but tend to discard it. It has worked in the past and especially when it involved something physical like Yoga.

## **Improving feelings of self worth**

Write down your thoughts on how you can improve your feelings of self worth. I can improve my self worth by being honest and virtuous. Behaving in a way that I find morally right and looking after my children's future.

## **Thoughts on counselling**

Write down what your thoughts on counselling. If you think it will be worthwhile and when you should look into it. Yes I think this will be worthwhile for lots of reasons. To deal with my behaviour and actions whilst in active addiction. Dealing with the legacy of those actions. It may perhaps help me to dive deeper into my core beliefs about myself which may be underpinning a lot of my problems.

I would like to review this plan on

2021-03-15

## **Why create a Personal Recovery Plan?**

From LifeRing's opening statement "You don't have to change everything in your life, just almost everything". Creating a recovery plan will allow you to:

- Create short term and long term goals
- Create steps to achieving those goals
- Identify relapse cues (People Places Things)
- Plan for mitigating relapse cues

The following form will be personal to you, by selecting what you want to concentrate on now, the plan will change and will give you reading material and support suggestions.

There is no size fits all to recovery. What works for one may not work for another. No one can tell you what will work for you, you have to work this out for yourself. You would be welcome to fill out this form and talk about it at one of our meetings. We will not give advice on what you should do. We may ask questions and say what worked for us, but ultimately is up to you to figure this out.

## Goals and Motivation

Write down what your recovery goals are. What are your motivations for deciding to embark on this positive journey of change?

***Be able to live an active and positive life by making the best of my good health and ability. I would like to become the best version of myself and apply myself to reaching that goal. I would like to be able to have good relationships with my loved ones although this may be beyond my own control and require forgiveness and change from others. I would like to be compassionate and solution focussed.***

### ***Motivations***

***Be a positive role model for my children. Be an inspiration for my family members who can enjoy my company and see that I am trying the best I can in life. Be capable of living a full and independent life in future.***

## Building a support structure

Having a support group will help you in your recovery.

You may be able to go this alone, but regular conversations with like minded people really help.

The problem with not having a support system is that we are left with our own thoughts which can drift towards feeling that "This time will be different"

Regularly attending meetings between peers will decrease your chance of relapse and reduce the amount of time in active addiction if you do relapse.

## Professional support

Some people will benefit from receiving professional help, either in early recovery, or regularly throughout recovery.

Your GP should be there to support you. Often people feel that they do not want to be open with their GP or even see a GP at all. Your GP will be the first point of contact for getting to the root of any undiagnosed mental health issues that you may have.

There is a real, dangerous risk with stopping heavy use of alcohol and other substances suddenly.

Your GP will be able to ensure that you detox safely if required.

## Talking with peers

LifeRing believes that there are two conversations that we are having with ourselves, one from our sober self, the other from our addicted self.

When in active addiction, our addicted self is dominant.

LifeRing works by sober to sober conversations, which encourage your sober self (as opposed to your addicted self) to become more dominant.

## LifeRing Meetings

[LifeRing Scotland Meetings \(Opens in new tab\)](#)

[LifeRing Ireland Meetings \(Opens in new tab\)](#)

## Cues

It is a good practice to understand what are the things that can cause us to move towards active addiction. The exercise here is to identify cues which will possibly affect us negatively and will have the potential to create cravings.

## People

In this section you want to think about any person that may create a negative emotional response.

### People who hold you back

Good friends who hear of your recovery, will support your choice and see it as a positive change that you are making for your well being.

People who actively try to sabotage your recovery are certainly worth avoiding, and you might want to think whether they are actual friends or are they trying to get you to use again because they feel bad about their own substance abuse?

This can be a tricky area when these people are family / loved ones. See section on building self confidence / assertiveness.

*I dont really have many people that are holding me back as such but do have dealers numbers in my phone. I think it is best that I avoid them and delete those numbers from my phone. The problem is that I dont have many friends or family that done use substances that I am close to here in Glasgow. The ones I do have relationships with I have explained that I can only spend time with them doing activities that are drug free and have a positive impact on my life. I will look to have closer friendships with other people in the future and develop a network of positive freindships.*

## **Friends who use**

Some times we have friends who are not necessarily in active addiction but we only socialise with them when we are using.

Are they willing to socialise in a different environment and without using?

## **External reading material**

[Can people in recovery stay friends with users \(Opens in new tab\)](#)

***Enter the steps you plan to take to avoid relapse due to problems with Friends, you might want to list names and any specific problems and how you plan deal with them***

***Martin, Ryan - Re-Emphasise that the time we spend together should be drug free given my problems. If this is a problem for them then perhaps we should avoid spending that time together.***

## Dealing with Trust

Perhaps loved ones feel let down, and are concerned that you will start again and hide the evidence.

The longer you are in recovery the more trust will grow.

Being questioned or having restrictions placed upon you may be difficult to deal with and be negative, especially when you are doing the right things.

It may be useful to try and see things from the other person point of view.

It is also important to have agency, and not be coerced.

This is a difficult area, but openness from your end will go a long way to rebuilding trust.

Good communication is key. If your loved one is understanding then it may be good to let them know your own fears of relapse, times when you avoided temptation.

If they know your positive thought process then that can help with understanding where you are in your development.

It may also be important for them to understand that the motivation for recovery must come from within and that you are doing this because you want to improve your life.

Some people who have had a problem with alcohol take antabuse (if so prescribed from your GP) in front of their partners for the sole purpose of building trust.

This is often a source of frustration in early recovery, but gets easier over time.

Also it may be an opportunity to improve the relationship, either from working together, or with counselling.

***Detail how you are going to deal with trust issues and build trust***

***This has been an area which has caused me great difficulty in the past when in recovery. Even after 12 months sobriety my daughter raised this issue with me and then stopped talking to me. I will try and contact my children and explain the journey I am embarking upon and the changes I plan to make. I may have to take some counselling in order to assist me in dealing with this as it is difficult to deal with and will add fuel to my internal condemnation and depression.***

## Creating new social outlets

Isolation is a danger to recovery.

Being connected to people who share similar interests and in healthy settings will keep you engaged and is a lot better than being lonely.

This might be a sport, walking, art, music etc.

***Are there any new social groups you can join?***

***I think I should perhaps look at joining a hiking group as its a social outlet that I enjoy. I could***

*also try to improve the relationships that I have done damage to within my family and enjoy more social outlets with them. A lot of the activities I enjoy are on my own at present such as cycling, walking, hiking and swimming. I may perhaps look to join clubs and do these activities with others in future.*

## Places

We all had places that we associate with active addiction, that may be a specific off-licence, pub, club etc, or even a certain aisle down the supermarket

***Enter the places you associate with active addiction.***

***Clubs and Pubs. Greenock and the gang from down there. Alcohol is a bit of a gateway drug for me towards smoking cigarettes and eventually weed. It seems like my only way forward is complete sobriety as I lose my self control when those are involved. Smoking cigarettes is just a trigger and reminder for me of smoking cannabis and that is what I crave when I smoke cigarettes. I have not developed a problem with alcohol to date so it may not be a problem in moderation but one I must be mindful of in future.***

You may decide that it is better to avoid these places all together, take a different route to work, never to walk down that aisle.

***My addiction led to me smoking cannabis anywhere and everywhere usually whilst driving to places and so on. It was an activity I done while I was on my own as well so places aren't typically a trigger for me unless there are others partaking in drug use at that time.***

## Things

This is a catch all for anything else that create negative emotions and may induce cravings.

This may be a specific time of the week, anniversaries, feelings, anxiety, stress of work, music, money etc.

***Enter the things that may cause cravings. The Winter time and depression are things that definitely affect me and trigger by cannabis abuse. Also emotional turmoil and constant ruminating are things that I look to escape with cannabis use.***

*I will try to stay active which balances the chemicals in my brain. I also plan to journal to keep a close note on my own feelings and emotions.*

## Whole life improvement

As stated in our opening statement:

***"You have an opportunity to make changes that are both difficult and rewarding. Take advantage of this opportunity and use it to fundamentally improve your life. Don't just stop using. People in recovery often describe themselves as grateful. Why would someone be grateful to have an addiction? Because they realize that the process of recovery has helped them find out who this amazing person really is, and what a peaceful existence is all about."***

We don't have to fix everything right way.

What is important is that we move in a positive forward direction.

It is good to identify, the improvements that we can work towards in the short term, and improvements that will need to thought over for a longer period of time.

It may be useful to think of practical things you can put in place straight away for short term goals and deeper more difficult things for longer term development once you have a period of sobriety established.

How quickly you go about it is up to you. The goal here is to establish and maintain sobriety as top priority, and to use that foundation to build upon.

## Short term personal development

### Getting through the day

The important thing here is to do whatever you need to do to stay sober.

This is tough, you can make it easier by being kind to yourself.

See our [tips for early recovery \(Opens in new tab\)](#)

## **Hungry Angry Lonely Tired**

Often cravings are due to one of these things.

Are we simply hungry?

Are we angry?

Are we lonely?

Are we tired?

***Write down what your thoughts are on how to avoid these 4.***

***I will try and plan my meals and keep a good schedule throughout the day. By having my meals planned and eating at consistent times will help me avoid the hungry part.***

***Anger is a destructive emotion I am having difficulty with at present. I plan to talk about this to my CPN next week and also try to acknowledge when I am feeling it. I feel anger towards myself for the latest relapse and associated behaviour, my loved ones for the contact they have cutoff and also the negative feelings they have towards me at the moment.***

***Lonely - This causes me a lot of problems and I live on my own which is really difficult for me to deal with. I spend a lot of time with my parents at the moment which helps me but will have to look for other company in future as its not healthy for me or them fo this to be the case for such a large proportion of the time.***

***Tired - I plan to work on my physical fitness so that I am able for my days. At the moment staying out of bed and participating in life is a goal. I aim to be tired at night so that I can sleep well and participate in life.***

### **#### Strategy ###**

Try to think about what your strategy will be when cravings are at the worst.

This may be contacting someone to talk, walking, running, cleaning, anything but using.

***I definitely need to talk a lot but perhaps need a professional or other outlet. The walking and running also help balance what I am thinking about and come to a more rounded opinion on things rather than following impulse or gut feelings on things. My Bi Polar support group and Lifering may help. I will ask wat is available from my CPN as well regarding counselling or Psychotherapy.***

## Rewarding yourself

You are going to have more money.

Plan to reward yourself

Success and good events can cause cravings as much as bad times.

We often have been in the habit of rewarding ourselves with indulging in our favourite addiction.

It is good to think about how you would reward yourself in a more positive healthy way.

That may be as simple as eating ice-cream, or spending some of that money on something nice for ourselves.

***What positive rewards can I give myself.***

***To eat well and have nice clothes. I will need to think about this and add to it in future.***

## Establishing routine

Routine is a way of replacing the chaos of active addiction with good regular habits. The habitual nature of routine will make it less likely that we will fall back to old ways.

## External reading material

Please read the following articles on the benefits of establishing routine.

[Importance of structure \(Opens in new tab\)](#)

[Establishing a healthy routine \(Opens in new tab\)](#)

***Get out of bed and eat breakfast. Try to get out for a walk in the morning and structure my day around getting as much sunlight as possible throughout the days.***

***Running or walking. I have to try and workout in the open air as much as possible. Making sure I have lunch.***

***Resting and reading. Watching less TV and perhaps a workout if I have not managed this during the day.***

## **Improving sleep hygiene**

### **External reading material**

[Improving sleep hygiene \(Opens in new tab\)](#)

[Tips for sleeping better \(Opens in new tab\)](#)

***I have to change my screen time in the evening. Also making sure I use as much energy as possible in order to be sleepy at night. Take my tablets at the same time each evening to go to sleep at the right time.***

## **What do I want to spend my time on?**

There is no point in being sober and being miserable.

This is an opportunity to find out who this amazing, authentic person really is.

You may be at a stage where you do not know what activities makes you happy, or what you would like to do with life.

***List hobbies that you may be interested in. These may be long forgotten pastimes, or something brand new.***

***This is an area that I have to improve upon and take up a hobby. Cant think of much at the***

*moment but personal development should be part of that.*

## Long term personal development

### Meditation

If one of the reasons that you used mind altering substances was because you wanted to quieten or dull down your thoughts, then meditation is a good healthy alternative

#### External reading material

Please see the following resources on meditation.

The biggest take away is to not stress about whether you find it difficult to meditate, "be kind to your wandering mind"

[How to meditate \(Opens in new tab\)](#)

[Calm app \(Opens in new tab\)](#)

[Headspace app \(Opens in new tab\)](#)

***Write down your thoughts on meditation. I have used this at various times but tend to discard it. It has worked in the past and especially when it involved something physical like Yoga.***

### Mindfulness

Mindfulness is about being aware. Being aware of our emotions, our surroundings, sounds etc.

For example being aware of anger as it starts, seeing it as it develops, acknowledging it, and not letting it control us.

Mindfulness can help with cope with cravings, because we are aware of them, we see them for what they

are.

### **External reading material**

Please see the following resources on mindfulness.

[Benefits of mindfulness \(Opens in new tab\)](#)

### **Building confidence and self esteem**

If you are in early recovery, then you may have low confidence and self esteem.

It is important to work on that.

This is a continual process, and it will get better over time in recovery.

It is important to feel good about this process, good about yourself.

You are important. Your voice matters.

### **External reading material**

Please see the following resources on mindfulness.

[Boost your self confidence \(Opens in new tab\)](#)

***Write down your thoughts on how you can improve your feelings of self worth. I can improve my self worth by being honest and virtuous. Behaving in a way that I find morally right and looking after my childrens future.***

### **Counselling**

If you have underlying trauma, from childhood, or relationships with other people, then counselling will help.

This can be a difficult thing to do, so you should choose when it is the right time for you to do this.

Finding the right counselor who you are comfortable with is important.

You might want to think about being as open as possible with a counselor, and get the most out of the sessions as possible.

***Write down what your thoughts on counselling. If you think it will be worthwhile and when you***

*should look into it. Yes I think this will be worthwhile for lots of reasons. To dela with my behaious and actions whilst in active addiction. Delaing with the legacy of those actions. It may perhaps help me to dive deeper into my core beliefs about myself which may be underpinning a lot of my problems.*

Review by:  
**2021-03-15**