

Recovery Plan and Behavior Contract Part One

In exchange for being allowed to live in the home of _____,
I, _____ (Recovering Person's name)
agree to the following:

I agree to abstain from alcohol and other mood altering drugs. To facilitate sobriety, I agree to:

a) attend 90 meetings/90 days of AA or NA and to continue to attend meetings at an adjusted rate depending on condition of my recovery.

b) find and begin to utilize an AA/NA sponsor within 30 days after discharge from treatment.

c) communicate openly and honestly about my recovery efforts and activities with _____ (parent/family members).

d) establish lifestyle conditions consistent with maintaining my recovery by:

1) avoiding people, places, and things, that have historically served as triggers or context for my drinking/using (e.g. bars, using friends, etc.)

a. People that I should specifically avoid includes the following people (names.):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

2) continuing to work to improve my recovery and living skills in the following areas:

a) anger management

b) learning how to have fun clean and sober

c) improving stress management

d)

e)

f)

3) establishing healthy routines and structures, such as consistent participation in paid employment, maintaining sleeping/wake hours that are consistent with the current structure and pattern in this household, taking care of my own laundry, housekeeping duties, etc., getting daily physical exercise, establishing a morning meditation routine. Add any other desired healthy routines and structures here:

- a. _____
- b. _____
- c. _____.

4) taking personal responsibility for participating in family activities such as visiting grandparents, going on family outings and/or vacations, eating meals with the family. Add any other desired healthy family activities that you agree to be a part of:

- a. _____
- b. _____
- c. _____.

5) participating in accountability structures (e.g. comply with random UAs, answer questions honestly about my activities, etc.) List them here:

- a. _____
- b. _____
- c. _____.

I further agree to pay rent in the amount of _____ per month/week to begin on _____.

I further agree to step up my level of care and increase my recovery activities in response to exhibiting the following relapse symptoms: Examples: (dishonesty, manipulation, drinking, hostility/agitation.) List them here:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Examples of how you might step up levels of care:

- a. Stepping up my level of care could involve increasing from once a week outpatient counseling to intensive outpatient counseling where I attend counseling several times a week for more than one hour at a time.
- b. It might involve going back to inpatient treatment.
- c. Attending more meetings.
- d. Using sponsor more; getting another sponsor, etc.

List ways you would step up your level of care here:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

The following are my plans to handle specific relapse symptoms so that they don't lead to relapse:

Symptom	Action I would take
Example: Not attending meetings or counseling.	Step up my attendance.
Example: Missing curfew.	Keep an earlier curfew. Set reminders on my phone.

My symptoms and my remedial action:

Symptom	Action I would take

I further agree to move out if I stop engaging in recovery activities as specified in my recovery plan of action, or if I relapse, or if I have an emotional/behavioral relapse that strongly contributes to the development and maintenance of an environment of turmoil, ongoing conflict and

aggravated stress within the home.

Signature of Recovering person

Date

Signature of Parent

Date

Behavior Contract Part Two

I, _____ (parent/family member),
agree to allow _____
to live in my home under the above conditions:

Examples provided in Part One.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

I agree to provide emotional and other support by:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Examples:

I agree to provide emotional support by

- a) going to AlAnon
- b) by providing a listening ear when appropriate
- c) by providing feedback when I see relapse symptoms (e.g. return to old, thinking, feeling, and behaviors.)
- d) to provide an alcohol/drug free environment
- e) to work my own program and work on my own issues
- f) to assist financially with additional treatment opportunities

In case of relapse or a return to old relapsive behavior,
I expect _____ to take specific corrective
action or find other lodging or move out within _____ days/hours, should
any of the following conditions occur:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Parent signature _____ Date _____

Recovering Person's signature _____ Date _____

Note: This is not **“The Behavioral Contract.”** There is no “one size fits all” for behavioral contracts. This is merely an example of what you can do with a contract. Part A has incorporated a Recovery Plan or Action, Relapse Prevention Plan, or Continuing Care Plan. A Simpler Part A might look more like Part B, focusing more on bottom line expectations.

A Behavior Contract should have the input of everyone involved in it or affected by it.