

ACTION PLAN GUIDELINES

Identifying your triggers is an important part of sobriety. It is helpful to have a list of triggers and to post them somewhere. Adding new triggers as they come up will help you to be aware of your triggers as they evolve.

It is also important to develop an action plan for coping with triggers. Identifying an action plan ahead of time means you will not have to think on your feet and come up with a plan once you are already triggered. You can use your existing plan to support yourself. Below is a list of guidelines to consider when developing your action plans.

FULL ACCEPTANCE OF ADDICTION - If you do not accept your disease as life—threatening, you will not be willing to put enough effort into managing triggers.

AVOID TRIGGERS THAT ARE AVOIDABLE - You do not have to go to bars and nightclubs. You can refuse to attend some social events where people will be drinking--or drugging. (You won't die if you don't go to a concert. Remember: You must be willing to go to any length to recover.)

GET HELP FROM OTHERS - A strong support system is a must. Inform your loved ones of triggers. Strongly encourage them to attend a family program.

CONSIDER A.A AND N.A. AS PRIMARY SUPPORT GROUPS – Support groups have shown to be very effective in helping people stay sober.

USE TELEPHONE THERAPY - Have several numbers of supportive people you can call at any time. Call them even when you are not struggling.

DO NOT ISOLATE YOURSELF - An addict alone is in bad company.

STRUCTURE YOUR DAYS - Unstructured time may be very dangerous for you, especially in early recovery.

DEVELOP NEW INTERESTS - Alumni functions and 12-Step group functions can help you with this. Remember, boredom may be a strong trigger for you.

EXERCISE - Regular exercise is a key ingredient in the recovery process that is often overlooked. Have a structured exercise program. Exercise reduces craving.

PROPER NUTRITION - You have a physical disease and you must treat your body well for optimal recovery. If you feel lousy physically, you will feel lousy mentally.

FOLLOW DIRECTIONS - Allow the treatment team and the 12-Step program to direct you in your recovery. 'Get out of the driver's seat.'

SURRENDER! SURRENDER! SURRENDER! - You need stop fighting. You need to believe that what you think is best for you might not be. A total commitment to recovery is what surrender is all about. As you surrender, you will develop the basis of recovery.