

ACTION PLAN



ARE YOU READY TO MAKE A PLAN?

Welcome to Ready Now Recovery! We are glad you are here, and we are ready to begin this journey with you. Coming to a group is just part of the recovery process, and we want to provide you with resources along the way that help you to maintain the changes in your life and move forward towards reaching your

goals. This worksheet provides recommendations for healthy recovery. We encourage you to fill this out as much as possible and review it with your mentor and/or counselor. Use this document continuously to mark any changes as you progress through recovery.

STEP 1 RECOGNIZE WHERE YOU ARE WITH THE STAGES OF CHANGE.

STAGES OF CHANGE - Circle which stage best defines where you are today.

PRECONTEMPLATION - Not yet acknowledging that there is a problem behavior that needs to be changed

CONTEMPLATION - Acknowledging that there is a problem but not yet ready or sure of wanting to make a change

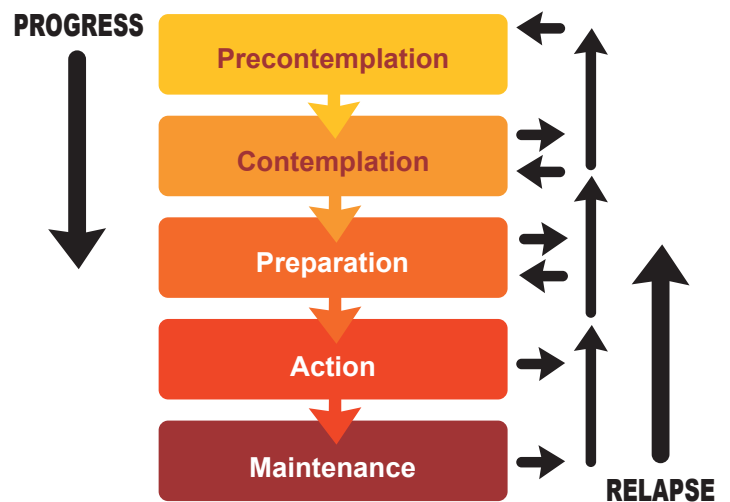
PREPARATION - Getting ready to change

ACTION - Changing behavior

MAINTENANCE - Maintaining the behavior change

RELAPSE - Returning to older behaviors and abandoning change

PROGRESS - Moving forward with maintaining change and meeting goals



Note: For more in-depth descriptions of each stage, please see pg 6-8.

QUESTIONS:

Choose a behavior from your life that you have changed or attempted to change (for example, smoking, exercise, diet, caffeine intake, career direction, etc.) Write down the process you went through using the Stages of Change model and record relapses and slip-ups. _____

What strategies did you use in making that change? For example, did you set short-term and long-term goals?

STEP 2 SET GOALS

This will probably not be accomplished in one setting. You might even struggle or experience triggers while working on this step. We recommend possibly working on it with your mentor or simply taking your time to process it.

GOALS

1. Education goals

Highest education level completed? _____

Do you want to continue your education? _____

If so, where and what will you obtain? _____

2. Employment goals

Currently employed? _____

Satisfied/dissatisfied? _____

What would you like to do? _____

Do you have the skills to do it? _____

Note: If you need education to obtain skills, then add to your education goals.

3. Spiritual goals

Have you accepted Jesus Christ into your life? _____

Do you want to? _____

Do you currently attend a church? _____

Have you attended a church in the past? If so, where?

How do you serve in the church? _____

Note: The diagram to the right can help you to make a commitment to Jesus Christ. If you accept Jesus Christ today, please let us know by sending us an email. We will send you some information to help you grow in your new life with Christ. Also, if you need someone to pray with you, please call us.

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THE ROMANS ROAD

TO SALVATION

We are all sinners by nature and by choice.

Romans 3:23
For all have sinned, and come short of the glory of God.

We receive eternal life as a free gift!

Romans 6:23
For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

God demonstrated His love for us, His enemies.

Romans 5:8
But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

We must trust and surrender to Jesus as Lord.

Romans 10:9-10
That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

A sinner's prayer for forgiveness
"Dear God, I know I'm a sinner. I know my sin deserves to be punished. I believe Christ is the Son of God, who died for me and rose from the grave. I want to turn from my sin and trust Jesus Christ alone as my Savior. Thank You for the forgiveness and everlasting life I can now have through faith in Jesus. In Jesus' name, Amen."

Our assurance of salvation through Jesus

4. Relationship goals

FRIENDS - Evaluate and categorize friends according to the descriptions listed below.

A-List Friends: These are the friends who were or could be a positive influence. They may have been dumped or passed over for the last few months or years as you were struggling, but they are people you need to have as friends again.

C-List Friends: These are the friends that are absolutely off the list. Their further association with you should not even be considered because of their negative influences on you.

B- List Friends: These are the friends who are left over after completing A- and C-lists. They may or may not be good examples themselves, but they are not dragging you down or negatively influencing you. Proceed with caution but don't count everyone on the B list out.

A-LIST FRIENDS	C-LIST FRIENDS	B-LIST FRIENDS

FAMILY - Identify family members and honestly categorize as S (supportive) or NS (not supportive)

Immediate family (those you would be living with or who depend on you)

Extended family (if an adult, your parents or grandparents)

5. **Recovery goals** - We recommend you build a team that provides accountability and encouragement.

MENTOR- Identify two current or potential

COUNSELOR/THERAPIST - To find one, go to, <https://www.psychologytoday.com/us> or <https://aacc.net>

SUPPORT GROUPS - Utilize the following resources to attend regular groups

<https://readynow.org/>

<https://livingfree.org>

<https://www.celebraterecovery.com>

<https://www.soberpeer.com>

List which groups you are attending or would like to attend

STEP 3 IDENTIFY TRIGGERS

TRIGGERS- A trigger is anything that makes you feel the urge to return to your addiction or life-controlling issue because it reminds you of the feelings you experienced. Learn your triggers and create a plan to help avoid them. Inform your team of your plan for avoiding triggers. Fill in your triggers for the following areas:

Places: _____

People: _____

Things: _____

Smells: _____

Feelings: _____

Pictures: _____

Stresses: _____

Memories: _____

Note: Remember: after filling this out, we recommend you share it with your mentor and counselor. It may not have been easy, but be encouraged: you will see changes as you move through the process. Take time to celebrate growth!

STAGES OF CHANGE DEFINED

STAGE ONE: PRECONTEMPLATION

In the precontemplation stage, people are not thinking seriously about changing and are not interested in any kind of help. People in this stage tend to defend their current bad habit(s) and do not feel it is a problem. They may be defensive in the face of other people's efforts to pressure them to quit.

They do not focus their attention on quitting and tend not to discuss their bad habit(s) with others. We like to think that people in this stage don't yet see themselves as having a problem.

Are you in the precontemplation stage? No, because the fact that you are reading this shows that you are ready to accept that you may have a problem with one or more bad habits.

You may be reading this because you have a loved one who is still in the pre-contemplation stage. If this is the case, keep reading for suggestions about how you can help others progress through their stages of change.

STAGE TWO: CONTEMPLATION

In the contemplation stage, people are more aware of the personal consequences of their bad habit(s) and they spend time thinking about their problem. Although they are able to consider the possibility of changing, they tend to be conflicted about it.

In this stage, people are on a teeter-totter, weighing the pros and cons of quitting or modifying their behavior(s). Although they think about the negative aspects of their bad habit(s) and the positives associated with giving it up (or reducing it), they may doubt that the long-term benefits associated with quitting will outweigh the short-term costs.

It might take as little as a couple weeks or as long as a lifetime to get through the contemplation stage. (In fact, some people think and think and think about giving up their bad habit(s) and may die without moving beyond this stage)

On the plus side, people are more open to receiving information about their bad habit(s), and they are more likely to actually use educational interventions and reflect on their own feelings and thoughts concerning their bad habit(s).

STAGE THREE: PREPARATION/DETERMINATION

In the preparation/determination stage, people have made a commitment to make a change. Their motivation for changing is reflected by statements such as, "I've got to do something about this – this is serious. Something has to change. What can I do?"

This is sort of a research phase: people are now taking small steps toward stopping. They are trying to gather information (sometimes by reading things like this) about what they will need to do to change their behavior(s).

Or they will call several clinics, trying to find out what strategies and resources are available to help them in their attempt. Too often, people skip this stage: they try to move directly from contemplation into action and fall flat on their faces because they haven't adequately researched or accepted what is necessary for this major lifestyle change.

STAGE FOUR: ACTION/WILLPOWER

This is the stage where people believe they have the ability to change their behavior(s) and are actively involved in taking steps to change by using a variety of different techniques or resources.

This is the shortest of all the stages. The amount of time people spend in action varies. It generally lasts about six months, but it can be as short as one hour! This is the stage when most people depend on their own willpower. They are making overt efforts to quit or change and they're at greatest risk for relapse.

Mentally, they review their commitment to themselves and develop plans to deal with both personal and external pressures that may lead to slips. They may use short-term rewards to sustain their motivation and analyze their behavior change efforts in a way that enhances their self-confidence.

People in this stage also tend to be open to receiving help and are likely to seek support from others (a very important element). Hopefully, people will then move to:

STAGE FIVE: MAINTENANCE

Maintenance involves successfully avoiding any temptations to return to bad habit(s). The goal of the maintenance stage is to maintain the new status quo. People in this stage tend to remind themselves of how much progress they have made.

People in maintenance constantly reformulate the rules of their lives and acquire new skills to deal with life and avoid relapse. They are able to anticipate the situations in which a relapse could occur and prepare coping strategies in advance.

They remain aware that their goal in this effort is personally worthwhile and meaningful. They are patient with themselves and recognize that it often takes a while to let go of old behavior patterns and

practice new ones until they are second nature to them. Even though they may have thoughts of relapse, they resist the temptation and stay on track.

As you progress through your own stages of change, it can be helpful to re-evaluate your progress as you move up and down through these stages. (Surprisingly, in the course of one day, you may go through several different stages of change).

Remember: it is normal and natural to fall back to a previous state after progressing. This is just a normal part of the process when making changes in your behavior(s).



STAGES OF CHANGE CHARACTERISTICS TECHNIQUES

Stage	Mindset/Mentality	How to Support/How to Help
PRECONTEMPLATION	Not currently considering change: "Ignorance is bliss."	<ul style="list-style-type: none"> • Validate lack of readiness. Clarify: decision is theirs. • Encourage re-evaluation of current behavior • Encourage self-exploration, not action. • Explain and personalize the risk.
CONTEMPLATION	Ambivalent about change: "Sitting on the fence." Not considering change within the next month.	<ul style="list-style-type: none"> • Validate lack of readiness. Clarify: decision is theirs. • Encourage evaluation of pros and cons of behavior change. • Identify and promote new, positive outcome expectations.
PREPARATION	Some experience with change and are trying to change: "Testing the waters." Planning to act within one month.	<ul style="list-style-type: none"> • Identify and assist in problem-solving, namely obstacles. • Help person identify social support. • Verify that person has underlying skills for behavior change. • Encourage small initial steps.
ACTION	Practicing new behavior for 3-6 months. "Good habits are worth being fanatical about." - John Irving	<ul style="list-style-type: none"> • Focus on restructuring cues and social support • Bolster self-efficacy for dealing with obstacles. • Combat feelings of loss and reiterate long-term benefits.
MAINTENANCE	Continued commitment to sustaining new behavior. "It's easier to prevent bad habits than to break them." - Ben Franklin 6 months to 5 years.	<ul style="list-style-type: none"> • Plan for follow-up support. • Reinforce internal rewards. • Discuss coping with relapse.
RELAPSE	Resumption of old behaviors: "Fall from grace."	<ul style="list-style-type: none"> • Evaluate trigger for relapse. • Reassess motivation and barriers. • Plan stronger coping strategies.