

FAMILY SUPPORT PLAN

What values do we want to emphasize as a family during this recovery journey? (Examples: compassion, honesty, accountability, patience)

What are some goals we want to achieve as a family in supporting recovery? (Examples: rebuilding trust, maintaining open communication, fostering a positive environment)

Roles and Responsibilities

What actions can I take to support recovery? (Examples: Attend therapy sessions with my loved one, help with healthy meals, provide emotional support through check-ins)

My responsibilities will be:

What specific support does my loved one need from me?

Identifying Triggers and Setting Boundaries

What family situations or behaviors might trigger stress or cravings for our loved one? (Examples: Arguments, certain topics, specific environments)

What boundaries can I set to avoid these triggers or reduce their impact? (Examples: Avoiding blame, removing triggering items, respectful communication)

Crisis Plan

How will I respond constructively if my loved one experiences a relapse? (Examples: Contacting their sponsor, offering a safe space, encouraging them to reach out to their therapist)

My role in the crisis plan is:

What steps will I take to ensure my response is supportive and not enabling or judgmental?

Communication Guidelines

How can I contribute to open, supportive communication within our family? (Examples: Participating in weekly check-ins, using “I feel” statements, listening actively)

My Personal Commitment

What commitment am I making to support my loved one in recovery? (Examples: Attend a support group, educate myself about addiction, maintain empathy during challenges)

What do I need from the rest of the family to fulfill my role effectively?

Final Reflection

What is one thing I've learned about myself or my family while creating this plan together?

What is one thing I'm hopeful for in the future?