UNITY PATH
FAMILY SUPPORT

Recovery Planning Worksheet

Taking One Step at a Time

Recovery is personal. There is no perfect path, and no one can decide your reasons for change except you. This worksheet is designed to help you reflect on what matters most and identify your next step.

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1. Where Am I Today?

How would you describe where you are right now?

☐ **I'm not sure I want to change.**

☐ **I'm thinking about making a change.**

☐ **I'm ready to make a plan.**

☐ **I've already started my recovery.**

☐ **I'm rebuilding after a setback.**

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2. What's Making Me Think About Change?

What has been happening in your life that has you thinking about recovery?

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3. What Matters Most to Me?

What are the most important things in your life?

☐ **Family**

☐ **Children**

☐ **Health**

☐ **Housing**

☐ **Employment or School**

☐ **Friends**

☐ **Faith or Spirituality**

☐ **Financial Stability**

☐ **Peace of Mind**

☐ **Other:**

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4. What Would Be Different?

If recovery became part of your life, what would you hope would be different?

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5. My Strengths

What strengths have helped you through difficult times before?

☐ **Determination**

☐ **Kindness**

☐ **Faith**

☐ **Sense of Humour**

☐ **Problem Solving**

☐ **Courage**

☐ **Creativity**

☐ **Asking for Help**

☐ **Other:**

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6. My Supports

Who could support me?

☐ **Family**

☐ **Friend**

☐ **Peer Support**

☐ **Recovery Group**

☐ **Counsellor**

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☐ **Doctor or Nurse**

☐ **Elder or Spiritual Leader**

☐ **Other**

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7. Confidence Scale

On a scale from 0–10:

How important is recovery to me right now?

0 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 10

How confident am I that I can take one small step?

0 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 10

Reflection

Why did I choose that number instead of a lower one?

What would help move me one point higher?

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8. My Next Small Step

What's one realistic step I can take within the next 24–72 hours?

☐ **Call a withdrawal management service**

☐ **Book a doctor's appointment**

☐ **Attend a peer support meeting**

☐ **Tell someone I trust**

☐ **Contact a treatment program**

☐ **Remove substances from my environment**

☐ **Create a safety plan**

☐ **Other:**

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9. If Things Get Difficult…

If I feel like giving up, I can:

☐ **Reach out to someone I trust.**

☐ **Contact a peer supporter.**

☐ **Take a walk or practice grounding.**

☐ **Read my reasons for recovery.**

☐ **Remember that one difficult day doesn't erase my progress.**

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Recovery Planning Worksheet
Peer Support • Encouragement • Hope

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My emergency support person:

Phone:

My Commitment to Myself

Today I am choosing one step toward the life I want.

My next step is:

I plan to do it by:

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A Message from One Peer to Another

Recovery isn't about having all the answers. It's about taking the next step, even when it feels uncertain. Your reasons for change matter, your experiences matter, and you don't have to do this alone.

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