

My Sobriety Plan

I, NAME, will strive to achieve balance in my life.

Upon my release, I will do 90 meetings in 90 days because I am committed to staying clean. I will do anything it takes to stay clean because I do not ever want to feel like I used to. I also do not ever want my children to go through again what we've had to go through this year, simply because I do not feel like doing something. When I feel like I do not want to go to meetings, I know that is when I need it the most.

I will be honest to myself and others as to how I am feeling in my recovery. If I feel like using, I will go to a meeting, reach out for help from my support system, call a crisis line, call my sponsor and/or call my mentor. I also would like my daughters and I to be apart of Celebrate Recovery, as this is a family based support group. I will read my relapse prevention plan once a week to assure I am not at risk for a relapse.

To make sure I am physically able to care for myself, I will exercise once a week at the YMCA. I will do 30 minutes of cardio and 30 minutes of strength training. If I can not make it to the gym, I will walk/run around the block or neighborhood or go to the park or school field with my girls. I will get into a Yoga class with my girls once a week. I will eat more healthy food like fruits and vegetables, and watch my intake of fattening foods. I will follow all my doctors' recommendations to keep me in good health.

To take care of myself emotionally, I will express my feelings freely; I will not hold them in. I will talk with a friend, my mentor/sponsor, or life coach about how I am truly feeling to avoid wanting to self medicate. I will talk to my sponsor at least once a week. I will also get into counseling at Catholic Services and follow all recommendations given. I would also like to get into family counseling, to help my children express how my incarceration has affected them. We will be in al-a-teen, were they can express their feelings on my addiction.

To maintain healthy social interactions, I will attend all my children's school events such as sports, band and cheerleading. I will volunteer at the local food bank/soup kitchen once a month to back to my community and to gain healthy friendships.

Finally, my plan for my spiritual well being is to attend church once a week and make sure to pray daily and do my daily meditations. My church has a good amount of groups and charity programs I would like to join and be actively involved in. I would like to join a Bible study to continue in my spiritual growth and to help me teach my children so we can become closer to God as we become closer to each other.