

GOAL

Goals and Action Steps

GOAL



I want to \_\_\_\_\_

First things that I must do to move this goal forward:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Reward: \_\_\_\_\_

I want to \_\_\_\_\_

First things that I must do to move this goal forward:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Reward: \_\_\_\_\_

## I'm Taking Ownership Over My Life

### Prevention Works & Recovery is Possible

**What is Reuse Prevention?** Reuse Prevention helps you think ahead and plan what you can do when you find yourself in high risk situations that could lead you to return of old patterns of behavior. The goal of these action steps is to help you find alternative solutions so you may achieve your goals.

**My Reuse Prevention Plan:**

Some things that prompt my return to old behaviors \_\_\_\_\_

When I start to think about returning, I will \_\_\_\_\_

I will know I am vulnerable when \_\_\_\_\_

When I am close to returning to patterns of behavior, I will \_\_\_\_\_

My Support team includes \_\_\_\_\_



**Do something else. Keep busy. This will pass. You've got this.**

# Prevention Works & Recovery is Possible



**What is Reuse Prevention?** Reuse Prevention helps you think ahead and plan what you can do when you find yourself in high risk situations that could lead you to return of old patterns of behavior. The goal of these action steps is to help you find alternative solutions so you may achieve your goals.

## My Reuse Prevention Plan:

Some things that prompt my return to old behaviors \_\_\_\_\_

When I start to think about returning, I will \_\_\_\_\_

I will know I am vulnerable when \_\_\_\_\_

When I am close to returning to patterns of behavior, I will \_\_\_\_\_

My Support team includes \_\_\_\_\_

**Do something else. Keep busy. This will pass. You've got this.**

## Goals and Action Steps



GOAL

GOAL

I want to
First things that I must do to move this goal forward:
1. _____
2. _____
3. _____

I want to
First things that I must do to move this goal forward:
1. _____
2. _____
3. _____
Notes:

**I'm Taking Ownership Over My Life**