

Parent Personal Prevention Plan

Name:

--

Date:

--

Most people in recovery have urges to return to using their substance of choice. **This guide will help you see your own triggers and warning signs for using so that you can stop a return to use in its tracks – before it steals everything that you have worked so hard for.**

This plan is specifically designed to help parents in recovery connect with how their role in their children’s lives can be motivating to maintain recovery. Parenting is both challenging and rewarding. Regardless of the current status of your relationship with your child(ren), your long-term likelihood of building and maintaining a strong connection with them will be higher as you maintain recovery with your substance use and mental health.

Keep this plan with you (print and put in your pocket or take a photo of it with your phone), so you can look at it if you start to feel like you are on shaky ground.

Remember: You deserve a happy and healthy life.

What are the top two reasons I am seeking a life of recovery?

Reason #1:	
Reason #2:	

How is my role as a parent motivation for my recovery?

Item #1:	
Item #2:	

A return to use can seem like it happens at lightning speed! However, when we stop and reflect, we can identify triggers that have caused us to use in the past. If we can recognize these triggers early, we are more likely to be able to manage them as they come up rather than return to using.

Parent Personal Prevention Plan

What are my triggers?

- | | | |
|--|--|--|
| <input type="checkbox"/> Money | <input type="checkbox"/> Relationship stress | <input type="checkbox"/> Work stress |
| <input type="checkbox"/> Feeling sad/depressed | <input type="checkbox"/> Feeling lonely | <input type="checkbox"/> Feeling worried |
| <input type="checkbox"/> Loss of a loved one | <input type="checkbox"/> Physical pain | <input type="checkbox"/> Boredom |
| <input type="checkbox"/> Hanging out with people who use | <input type="checkbox"/> Hanging out in places where I used to use | <input type="checkbox"/> Other (please list below) |

Parenting is challenging, and *all* parents feel overwhelmed by the role at times. When you are in recovery, it can feel especially hard to balance the need for your own self-care and the needs of your child(ren). Many parents in recovery are also navigating how to rebuild trust with their child(ren) and/or the child(ren)'s other caretakers.

Navigating these areas can bring up many difficult feelings. We can learn to identify our parenting-related triggers so that we can address them early, rather than having them lead to returning to substance use.

What aspects of my role as a parent can be triggers for me?

- | | | |
|--|--|--|
| <input type="checkbox"/> Conflicts with my child(ren)'s caretaker(s) | <input type="checkbox"/> Having my parenting criticized | <input type="checkbox"/> Feeling overwhelmed by parenting duties |
| <input type="checkbox"/> My child(ren) feeling disappointed with me | <input type="checkbox"/> Feeling like I'm "not enough" as a parent | <input type="checkbox"/> Not being able to see my child(ren) as much as I would like |
| <input type="checkbox"/> Getting frustrated with my child(ren) | <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Thinking about times when I have let down my child(ren) |

Other (please list below):

Most of the time, there are warning signs that we are struggling before we actually use. If we notice warning signs we can learn to reach out for help when we see them – instead of becoming overwhelmed and using.

Parent Personal Prevention Plan

What are my warning signs?

- | | | |
|--|--|---|
| <input type="checkbox"/> Trouble sleeping | <input type="checkbox"/> Being dishonest | <input type="checkbox"/> Feeling like you are on edge |
| <input type="checkbox"/> Old people, places, and things | <input type="checkbox"/> Choosing to be around drugs/alcohol | <input type="checkbox"/> Using substances other than my substance of choice |
| <input type="checkbox"/> Feeling constantly bored | <input type="checkbox"/> Stopping treatment abruptly | <input type="checkbox"/> Not wanting to eat/eating only junk |
| <input type="checkbox"/> Stopping prescribed medications on my own/missing doses | <input type="checkbox"/> Isolating- Not hanging out with loved ones/ ignoring calls or texts | <input type="checkbox"/> Feeling overconfident and like I don't need help |

Other (please list below):

Often we can stop the cycle of returning to use by learning to deal with our triggers in a healthy way. How? By knowing and using options that help us feel better.

Sometimes we may have to try a few or repeat these options before we feel like we are back on solid ground. *Remember: it's important to practice using these tools before we are on the brink of using again.*

What has worked to help me feel better when I'm experiencing a trigger?

- | | | |
|---|--|---|
| <input type="checkbox"/> Going outside | <input type="checkbox"/> Taking a walk | <input type="checkbox"/> Exercising |
| <input type="checkbox"/> Going to a meeting | <input type="checkbox"/> Changing locations | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Writing about my feelings/journaling | <input type="checkbox"/> Talking to a friend/loved one | <input type="checkbox"/> Talking to my counselor/professional |
| <input type="checkbox"/> Talking to my sponsor | <input type="checkbox"/> Playing with an animal | <input type="checkbox"/> Going somewhere where I can be around others |

Other (please list below):

Parent Personal Prevention Plan

When we feel triggered and/or see warning signs of returning to use, we should reach out to a support person as early as possible or when we notice that we are feeling off. Sometimes connecting with one support person is enough, sometimes we need to reach out to multiple people multiple times.

Who can I reach out to when I am feeling down or triggered? Why are these people important to me and my recovery?

Person	Phone Number	Reason(s) They Are Important to Me and My Recovery



If you or someone you know has a substance, use or mental health crisis, help is available 24/7 by simply calling or texting 988. You can also chat in by visiting: <https://988lifeline.org>

If I do have a return to use, here are 3 treatment providers I can contact to get connected with services to stop the use in its tracks.

Person	Phone Number	Reason(s) They Are Important to Me and My Recovery

It's important to remember that having setbacks does not mean we have failed or that we have lost everything we have built during our recovery. The sooner we get help, the more likely we are to be able to continue where we left off in our recovery journey.