

**Example from Morris Foundation’s New Recovery Plan Template**

**RECOVERY PLAN** For: \_\_\_\_\_

So that we may work together on concerns related to: Substance Abuse Mental Health Co-Occurring

PRESENT STAGE OF CHANGE	SA	MH
<i>There is no problem and I have no need to change =</i> <b>Precontemplation</b>		
<i>There is a problem and I’m thinking about taking action =</i> <b>Contemplation</b>		
<i>I’ve taken action in the past towards recovery and will again in the next month =</i> <b>Preparation</b>		
<i>I am making changes by committing time and energy to my recovery =</i> <b>Action</b>		
<i>I am working towards making my recovery stronger and preventing relapse =</i> <b>Maintenance</b>		

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