

My weekly recovery review

Choose a week or another manageable period. If you have a care plan, choose an action that fits it. A brief note is enough; this is not a scorecard.

Date / period: _____

Safety first. If you may be dependent on alcohol or another substance, get medical advice before stopping suddenly or making a large reduction. Do not use this sheet to plan withdrawal. Seek help promptly if your health or safety is worsening. Call 000 for immediate danger, a seizure, severe confusion, unconsciousness or abnormal breathing. In Victoria, DirectLine offers counselling and referral on 1800 888 236.

1. What mattered, and what helped?

Notice something worth continuing or protecting.

2. What made things harder?

Include practical barriers, feelings, health or missing support.

3. What is one useful action?

Say what you will do and when it could fit.

4. What could get in the way?

Choose a smaller version or practical adjustment.

5. What support or review do I need?

Name a person to contact and when to review the plan.

Next time: what happened, what did I learn, and what needs adjusting?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.