

Plan

I, _____, agree that I have a serious struggle with _____.

I know that I cannot get better alone. I need the supernatural help of God the Father, the Son (Jesus), and the Holy Spirit. I also need to be in community with other struggling believers. If I am alone, I will remain in bondage to my struggles.

I choose to use this plan to help me remember what I have committed to doing to seek healing and to help others come alongside me and encourage me. I will modify this plan as I learn more about my triggers and what I need to do to recover.

Sobriety/Abstinence/Recovery

1. _____
2. _____

Boundaries

1. _____
2. _____

Goals

1. _____
2. _____

Date: _____

Signature: _____