

# My Recovery Action Plan (My-RAP)



**For people recovering from addiction  
An Easy Read Booklet**

# Me



I live.....

Address.....

.....

.....



I live with.....

What's good about where I live?

.....

.....



What's bad about where I live?

.....

.....



# My Family & friends

Dad

What is he like?

Mum

What is she like?



Brothers/Sisters

What are they like?

Aunts/uncles/cousins

What are they like?

Friends/carer's

What are they like?

Who can help me?

# Health

(May need to collect from other resources.)



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# Hobbies/work

What do I like do?.....

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Work

Do I work?.....

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What work would I like to do?

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## Things I am good at



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## Things I am not as good at, or need help with



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# Feelings

## Sad

When I feel sad i.....

.....

This is what helps me when I feel sad.....

.....

The last time I felt sad i.....

.....



## Happy

When I feel happy I .....

.....

This what helps me when I feel happy.....

.....

The last time I felt happy I.....

.....





## Scared

When I feel scared I .....

.....

.....

This is what helps me when I feel scared.....

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The last time I felt scared i.....

.....

.....



## Angry

When I feel angry I.....

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This is what helps me when I feel angry.....

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The last time I felt angry I .....

.....

.....



# Things I would like to change



Drug/alcohol

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Health /Exercise

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.....



Social life/Relationships

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## Housing

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## Job/education

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## Money

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## Other

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# When I take drugs/alcohol



What is good about it?.....

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What is bad about it?.....

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When I use drugs/alcohol it can be a problem because?



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It has stopped me doing what I want to do because?



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I have been harmed by it or I have harmed others by using/taking it



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# What will happen if I stop taking drugs/alcohol?

What would be good about it?



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What would be bad about it?



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# Goal Planner



Things I would like to change  
(from page 9& 10)  
House, friend, work, alcohol/drug

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What can I do to change it?



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Who can help me to make changes?



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# Review



What has worked?

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What is still to be done?

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Do I need to do anything else?

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