



Recovery Capital-Based Plan

This recovery plan is based on your strengths, what we call “recovery capital.” What parts of your life are positive and support your sobriety? Instead of focusing on the bad, let’s set personal goals based on what is good about your life. Work with your peer support specialist to complete this plan.

Patient Name: _____ Date: ____ / ____ / ____

Current Recovery Capital

My Total Recovery Capital: ____ / 435

Specific strengths I can build on...

My Social Capital: ____ / 105

healthy relationships (family/friends/roommates/sponsor), groups, recovery meetings

1. _____
2. _____
3. _____
4. _____

My Human Capital: ____ / 150

health (body/mind/mood), goals, hobbies, skills, education/training

1. _____
2. _____
3. _____
4. _____

My Physical Capital: ____ / 100

health, housing, job, transportation, money

- 1. _____
- 2. _____
- 3. _____
- 4. _____

My Daily Accountability Capital: ____ / 80

active recovery habits, drug-testing, job encourages sobriety

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Planning my recovery based on my strengths...

Goal: _____

Objective: _____

Action Steps:

- _____
- _____
- _____
- _____
- _____

Goal: _____

Objective: _____

Action Steps:

- _____
- _____
- _____
- _____
- _____

Goal: _____

Objective: _____

Action Steps:

- _____
- _____
- _____
- _____
- _____

Patient Signature: _____ Date: ____ / ____ / ____

Therapist Signature: _____ Date: ____ / ____ / ____