



## **Family Support Plan Questions**

A family plan is a vital component of supporting a loved one's recovery post-treatment. It ensures that everyone involved has a clear understanding of their role, fosters a cohesive approach, and helps maintain a supportive, stable environment. The process of creating this plan encourages open communication, setting realistic expectations, and defining boundaries that protect both the individual in recovery and the family members. By planning ahead, families can prepare for challenges, such as emotional triggers or potential setbacks, and respond with compassion rather than reactive behavior. This proactive approach not only bolsters the individual's resilience but also promotes the well-being of the entire family. The family plan provides a foundation for understanding, support, and accountability, making it an essential tool for sustaining long-term recovery and fostering a nurturing environment.



LET'S OFFER SUPPORT!

1. **What can we do to create a supportive and low-stress environment at home?**

*Explanation:* Creating a supportive environment starts with making physical and emotional spaces conducive to recovery. This means minimizing exposure to potential triggers and fostering open, nonjudgmental communication. Create a list of potential triggers that propel your codependency and what you plan to do if you recognize you are in the middle of a tornado.

2. **What type of role will I language and taking breaks from heated conversations have in our relationship? What communication skills will be adhered to?**

*Explanation:* The language we use and knowing when to take breaks can greatly impact relationships during recovery. Supportive, non-critical I language helps build trust, while taking breaks during high-tension moments prevents escalation and allows everyone to return to conversations with a clearer mindset. This practice emphasizes respect, patience, and understanding, fostering a more stable and positive dynamic.

3. **What are our specific roles in supporting our loved one's recovery plan?**

*Explanation:* Family members can play a vital role by offering support that respects the boundaries of the individual in recovery, rather than seeking to control their actions. This approach involves finding ways to express care and encouragement without monitoring or micromanaging their journey. For example, family members can invite their loved one to family-oriented support meetings or community events that promote sober fun and recovery, without pressuring them to attend. They can also create opportunities for conversation, such as casual check-ins to see how they are feeling, without making these discussions feel like interrogations. Offering practical help, like assisting with everyday tasks or being available as a listening ear, shows support while allowing the individual to take the lead in their recovery process. Respecting their independence while staying present and engaged helps foster trust and creates an environment where they feel safe and supported, rather than pressured or controlled.

4. **4. How can we stay educated about the recovery process?**

*Explanation:* Education is key to understanding the challenges and dynamics of recovery. Families should identify helpful resources, such as books, workshops, and support groups, to deepen their knowledge. Staying informed helps loved ones respond with empathy and provides tools to support their family members effectively.

5. **5. What strategies will we use to maintain our own self-care and mental health?**

*Explanation:* Supporting someone in recovery can be demanding, and it's crucial for family members to prioritize their own well-being. Each person should have a plan for managing stress, such as engaging in hobbies, physical activity, or mindfulness practices. Self-care allows family members to show up in a more balanced, supportive way.

Include specific details for each: days/times

Stress Management:

Hobbies:

Mindfulness Practices:

Spiritually Fit:

Self Care:

Exercise:

Nutrition:

**6. How will we respond if our loved one experiences triggers or challenges?**

*Explanation:* Planning ahead for potential setbacks can prevent panic or judgmental reactions. Families should discuss and create clear, compassionate and supportive ways to respond when challenges arise, focusing on problem-solving and emotional support instead of confrontation.

When my loved one is having a hard day I will:

When my loved one is having a hard day, I won't:

**7. What boundaries need to be in place to protect both the recovering individual and the family?**

*Explanation:* Healthy boundaries ensure that everyone in the household feels safe and respected. Families should discuss and agree on specific rules or expectations that maintain trust and promote a balanced living environment for all.

If this happens \_\_\_\_\_, then I will need to \_\_\_\_\_;

If this happens \_\_\_\_\_, then I will need to \_\_\_\_\_;

If this happens \_\_\_\_\_, then I will need to \_\_\_\_\_;

If this happens \_\_\_\_\_, then I will need to \_\_\_\_\_;

If I feel \_\_\_\_\_, then I will be \_\_\_\_\_

If I feel \_\_\_\_\_, then I will be \_\_\_\_\_

If I feel \_\_\_\_\_, then I will be \_\_\_\_\_

If I feel \_\_\_\_\_, then I will be \_\_\_\_\_

**8. 9. What local or virtual support groups can we join as a family?**

*Explanation:* Family support groups, such as Al-Anon or family-focused therapy sessions, can provide guidance, shared experiences, and a sense of community. Participating in these groups helps families feel less isolated and more empowered to support their loved one effectively.

I will be attending \_\_\_\_\_ meetings weekly.

I will be attending \_\_\_\_\_ therapy sessions monthly.