

Recovery Checklist FOR AFTER IN-PATIENT TREATMENT

Source: The SAMHSA Treatment Manual. Find more information at SAMHSA.gov.

Visit us at FamilyLifeCenter.ws/Rapha-Treatment-Center

- Schedule activities daily
- Visit physician for checkup
- Destroy all drug paraphernalia
- Avoid people who use alcohol
- Avoid people who use drugs
- Avoid bars and clubs
- Stop using alcohol
- Stop using all drugs
- Pay financial obligations promptly
- Identify addictive behaviors
- Avoid triggers (when possible)
- Use thought stopping for cravings
- Attend Individual/Conjoint sessions
- Attend Early Recovery Skills and Relapse Prevention sessions
- Attend 12-Step or mutual-help meetings
- Get a sponsor
- Exercise daily
- Discuss thoughts, feelings, and behaviors honestly with your counselor



Rapha Treatment
"Healing For The Hurting"

Email Us: Recovery@RaphaMinistries.net

Call: 256-538-7458
Fax: 256-776-7772

Office Hours:
M-F 8am-5pm

677 West Covington Ave.
Attalla, AL 35954