



Brave Spaces Health and Wellness PLLC

Created by: Kelsey R. Worfler, LCSW, LAC, RYT

SOBRIETY AGREEMENT

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” –Ralph Waldo Emerson

This agreement is used to safeguard your recovery. It is also an opportunity for you to inform your Recovery Support Network how to respond if you are in jeopardy of relapsing.

The purpose of this agreement is to:

- Identify Recovery Behaviors
- Identify Relapse Triggers and Behaviors
- Identify (and Connect with) a Recovery Support Network

My Sobriety Date is: _____!

Current Recovery Maintenance Activities:

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

What I Do and Will Continue to Do on a Regular Basis for Self-Care:

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

My Potential External Relapse Triggers are:

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

My Potential Internal Relapse Triggers are:

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

When I am Triggered, I Will (“Oh Shit Skills):

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

We mentally, emotionally, and spiritually relapse before we actually pickup a drink or a drug;
recognizing these warning signs is VERY important.

My Relapse Warning Signs are:

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

The Probable Consequences of Relapsing are:

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

For Support I Can Call:

- | | |
|----------|---------------|
| 1. _____ | Number: _____ |
| 2. _____ | Number: _____ |
| 3. _____ | Number: _____ |
| 4. _____ | Number: _____ |
| 5. _____ | Number: _____ |

Recovery Resources: [Resources](#) | [Mysite \(bravespaces.com\)](#)

YOU CAN DO THIS!!



**If you are having a mental health emergency,
please call 911 or go to your nearest emergency room.**

National Suicide Prevention Lifeline: 1-800-273-8225

SummitStone Health Partners Crisis: (970) 494-4200, Option 4