

*MyRAP*

My Recovery Action Plan  
**For people recovering from addiction**



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# MyRAP is



a self help tool to help guide **you** through **your** recovery journey. It will help **you** to identify **your** strengths and make positive changes in your life.

It is also an opportunity for **you** to take control of **your** life by helping you to reflect on **your** past experiences and learn from them.

You might want to share this with other people including your family, a friend or a professional but it is entirely up to you.

We have used the word 'drug' throughout MyRAP. This means any drug which has caused you problems in the past, including alcohol.



## My story

MyRAP uses maps to help you tell your story and to think about where you are in your recovery journey. The pages on the left help guide your thinking and the pages on the right have maps where you can write down your thoughts and your needs. You can also record your progress.

The maps will help you work out what you need to do and what progress you are making. You can work through MyRAP as an ongoing process or find the parts that are most relevant for you.

There are blank spaces to let you make your own map. You can also use this space to write, draw, add pictures or words from songs if you find that helpful in thinking about your recovery journey.

If you would like to find out more about how other people have recovered from their addiction, why not log on to these websites  
<http://wiredin.org.uk/personal-stories/>  
<http://facesandvoicesofrecovery.org>

# Beginning my journey

Taking the first step on your recovery journey can be extremely difficult. It can be useful to think about who you are as a person, what strengths you have and what is important in your life. These next few pages will help you to do that.

In the early stages of your recovery journey it is important to look at your motivation to make changes. The maps in this section will also help you to consider this so that you can move forward in your recovery feeling motivated to do so.



# Me today

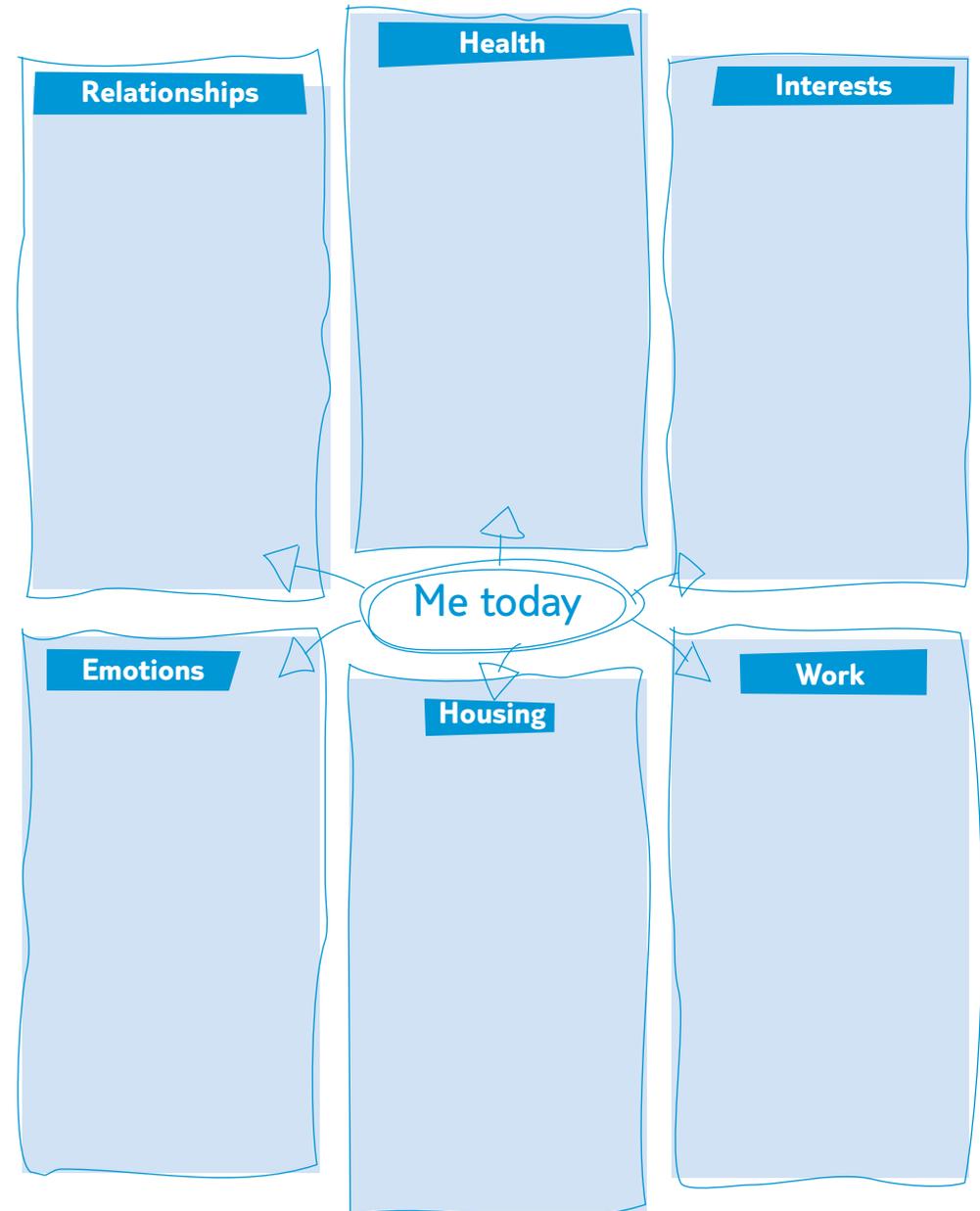
Think about each of these areas in your life.

What is happening within these areas for you right now?

Try to think about things that are going well and things that you would like to improve.

Fill in all the boxes that are relevant to you and if there are other areas that are not covered, add your own boxes. Once you have completed your boxes, take a break and go back and reflect on whether you think this accurately reflects what you are feeling.

Look back at this map as you continue in your recovery journey. You may want to change or add things to this map as you make progress.





# My strengths

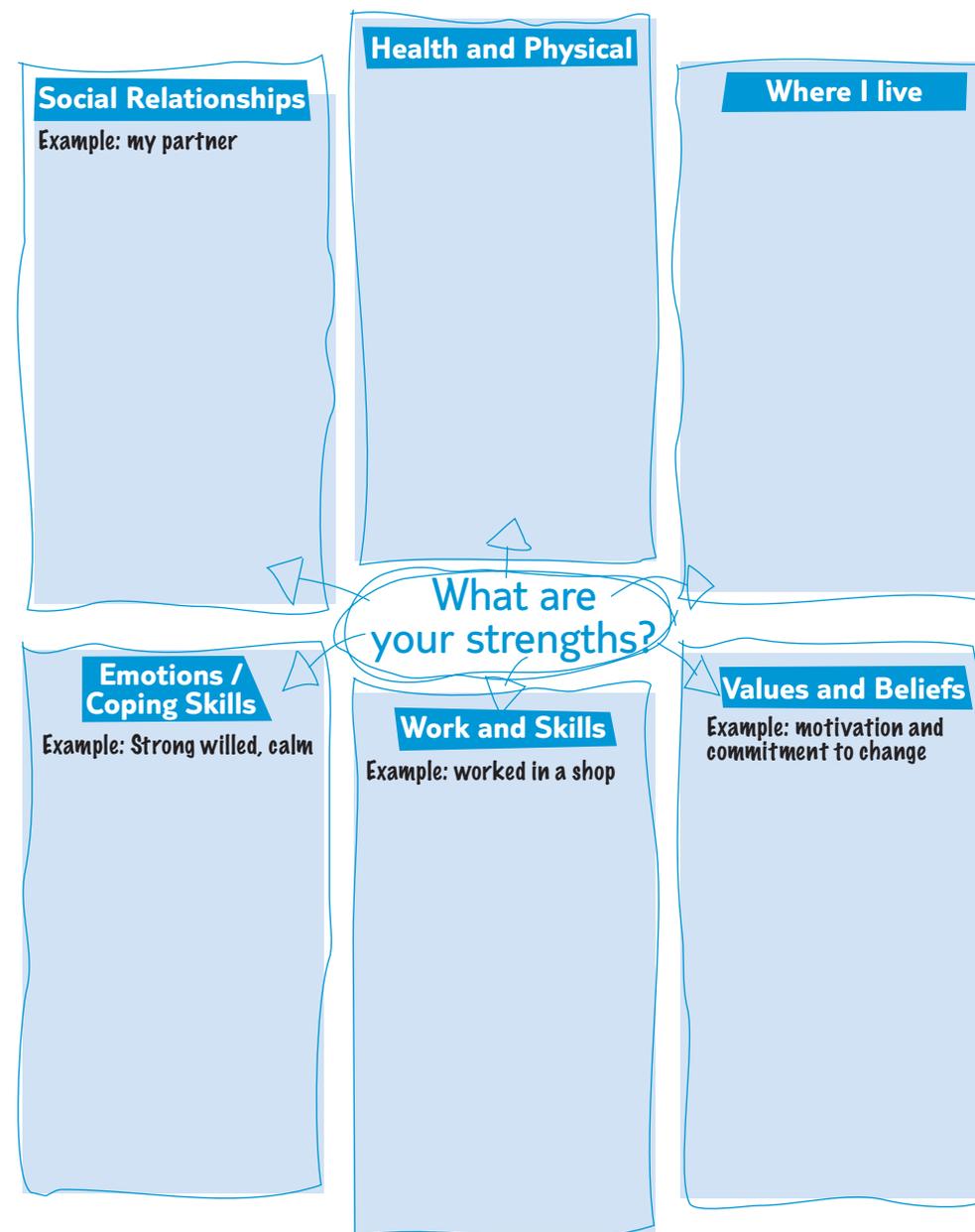
You will have strengths in many areas of your life and these will help you on your recovery journey.

Think about:

- Your social relationships
- Your health and wellbeing
- Your home and local community
- Your emotions and coping skills
- Your work and skills you have
- Your values and beliefs

For each of these, what do you think are your strengths? Write or draw these on the map. Don't worry if you don't complete all the boxes. Start with what you feel is most relevant to you and you can come back to the others at any time.

Make sure you include people you can rely on throughout your recovery journey.





# My tower of strengths

Not all the strengths you need are within you. There are other people and groups that can help you.

Try to think about the qualities you have that will help you in your recovery journey. Also think about the people around you who can help you. Write both of these in the bottom half of the tower.

What qualities would you like to improve and develop? What would you like other people to be able to offer you in support? Write these in the top half of the tower.

Here are some suggestions to help you think about completing the map but you should come back to this map and add to it as your recovery journey progresses.

## My qualities

- Happy
- Kind
- Adventurous
- Belief in Self

## Support from others

- People you can rely on
- Sober friends
- Community groups
- Mutual Aid Groups

**Strengths I would like to work on developing and supports I need**

My strengths	Supports from other people
E.g I am motivated	E.g A supportive person

**Strengths I know I have to help me deal with my problems**

# My drug use



Write the name of the main drug you have been using in the circle.  
Remember that alcohol is a drug too.

Think about how life is for you when you use this drug. It may help to begin thinking about why you began using the drug and if things have changed as you continued to use it.

Try to think of things that are good about using and also things that are not so good about using.

You can complete this separately for each drug you use or do them together if that is easier or more meaningful for you.

Drug:

Things that are good about using

Things that aren't so good about using

Completing this list will help you prepare for the next map.



# Problems with my drug use

Now try to think some more about the not so good things you have listed about your drug use.

For example:

Have you experienced any difficulties with your drug use?

Have you or anyone around you been harmed by your drug use?

Has your drug use stopped you doing things you would like to do?

How do you feel after you have stopped?

Have you behaved in a way that was embarrassing or got you into trouble?

**What makes you think this is a problem?**

Example: you often think about stopping

**What difficulties have you had with your drug use?**

My use of

**In what ways have you or others been harmed by your drug use?**

**How has your drug use stopped you doing what you want to do?**



# Weighing it up

This map will help you see the pros and cons of your drug use. It will help you decide if you want to make any changes to your drug use.

Think about what life would be like for you if you were to continue using and write down both the good things and the bad things.

Then think about what life would be like for you if you were to change your drug use. Write down what would be good about that change and what would not be so good about that change.

## Continuing to use as before

Advantages

Disadvantages

## Making a change to my use

Advantages

Disadvantages

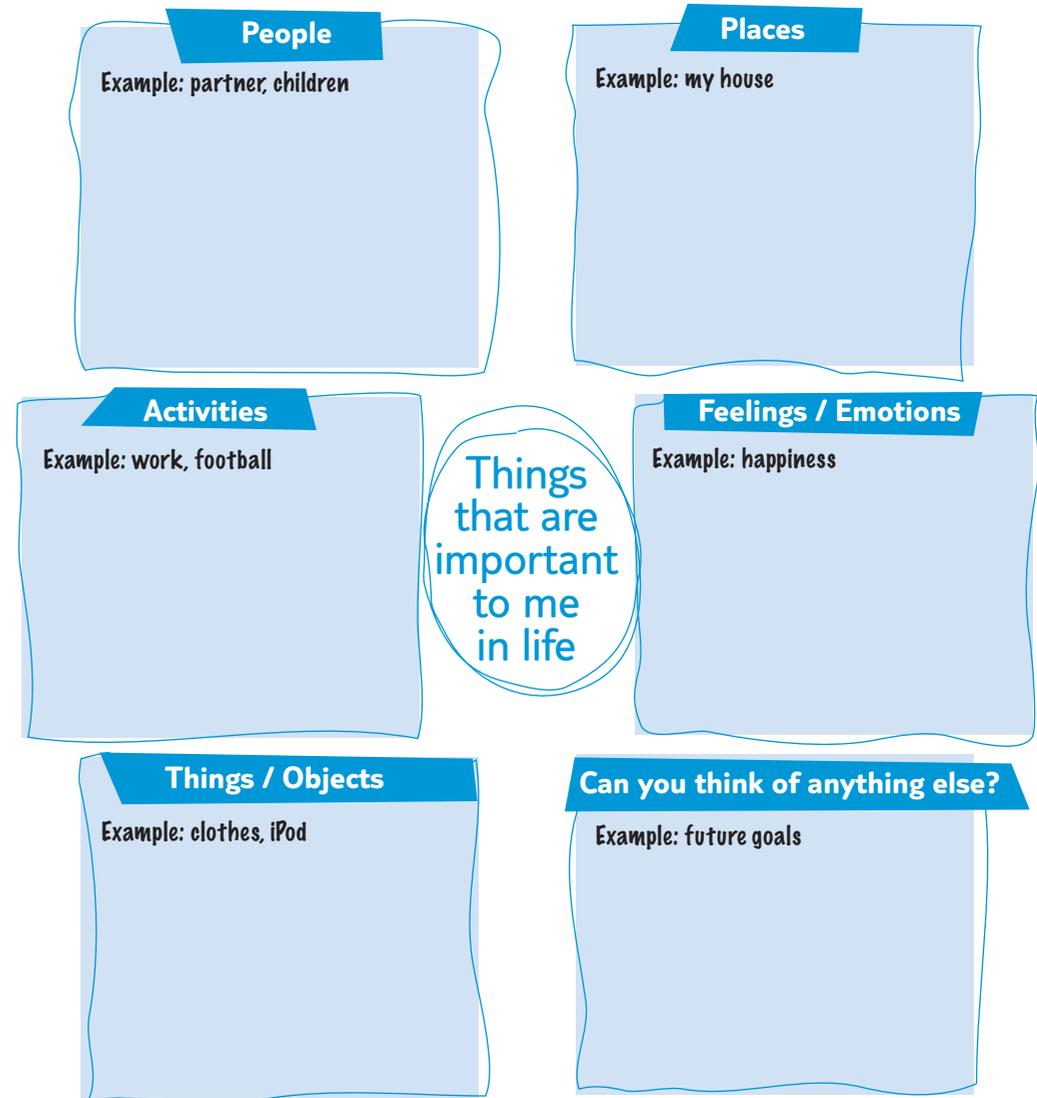
**What change could you make to your drinking or drug use?  
Look back at this map when you are ready to plan what actions  
you are going to take.**



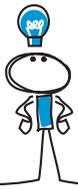
# What's important to me?

There may be many things in your life that you value. These may include family or friends, places you go to or things you do.

Try to think about what means most to you in your life and use the map to write down which of these things have been affected by your drinking or drug use. Try to think about how they have been affected by your substance use.



**Now you have resolved to take action to change your substance use, the next set of maps will help you to plan what action to take and how to assess your progress.**



# Goal planner

Now you are ready to plan what you want to change. This next map shows you the many different parts of your life. For each one, think about how satisfied you are with this and rate your satisfaction on a scale of 1 -10 (with 10 meaning very satisfied).

If you do not score 10, think about what would have to change for you to score 10. Write this in the next box. Once you have done this, the next task is to prioritise.

With the many different areas of your life, some may be more important to you than others. Try to think about which area means the most to you and then write number 1 in the priority box. The next most important area will be number 2 and so on until you have decided on every one you want to prioritise.

This will help you see which areas are important to you and this is where you can start working first.

Problem area	Satisfaction out of 10	What would have to change to score 10 out of 10?	Priority
Drug and / or Alcohol Use			
Health (physical and mental)			
Social Life and Friends			
Relationships			
Housing			
Job / Education			
Money			
Exercise			
Legal and Crime			

**You can add extra priorities or problem areas if there are others for you.**



# Recovery plan

From the Goal Planner map you have completed, think about the most important areas for you to work on. You will have numbered these 1, 2, 3 and 4 in the priority box on the last map.

On this next map, think about each problem area and try to describe it in more detail.

Then think about what your goal is for tackling this problem and what date you would like to have achieved this by.

Remember, do not be too ambitious. Start with stretching targets but ones that you are confident you can achieve.

Priority Area	Describe the problem	Goal for tackling the problem	Date to achieve
E.g Poor housing	Living in flats surrounded by people using drink/drugs	Make appointment with housing officer	Tomorrow



# Making changes

This map aims to help you to think a bit more about how you can make the changes you want to make so that you will be happier with that area of your life.

For each of the goals identified in your Recovery Plan map, complete the next map to further explore what you should do. You may want to write in different colours for the different goals or make copies of the map.

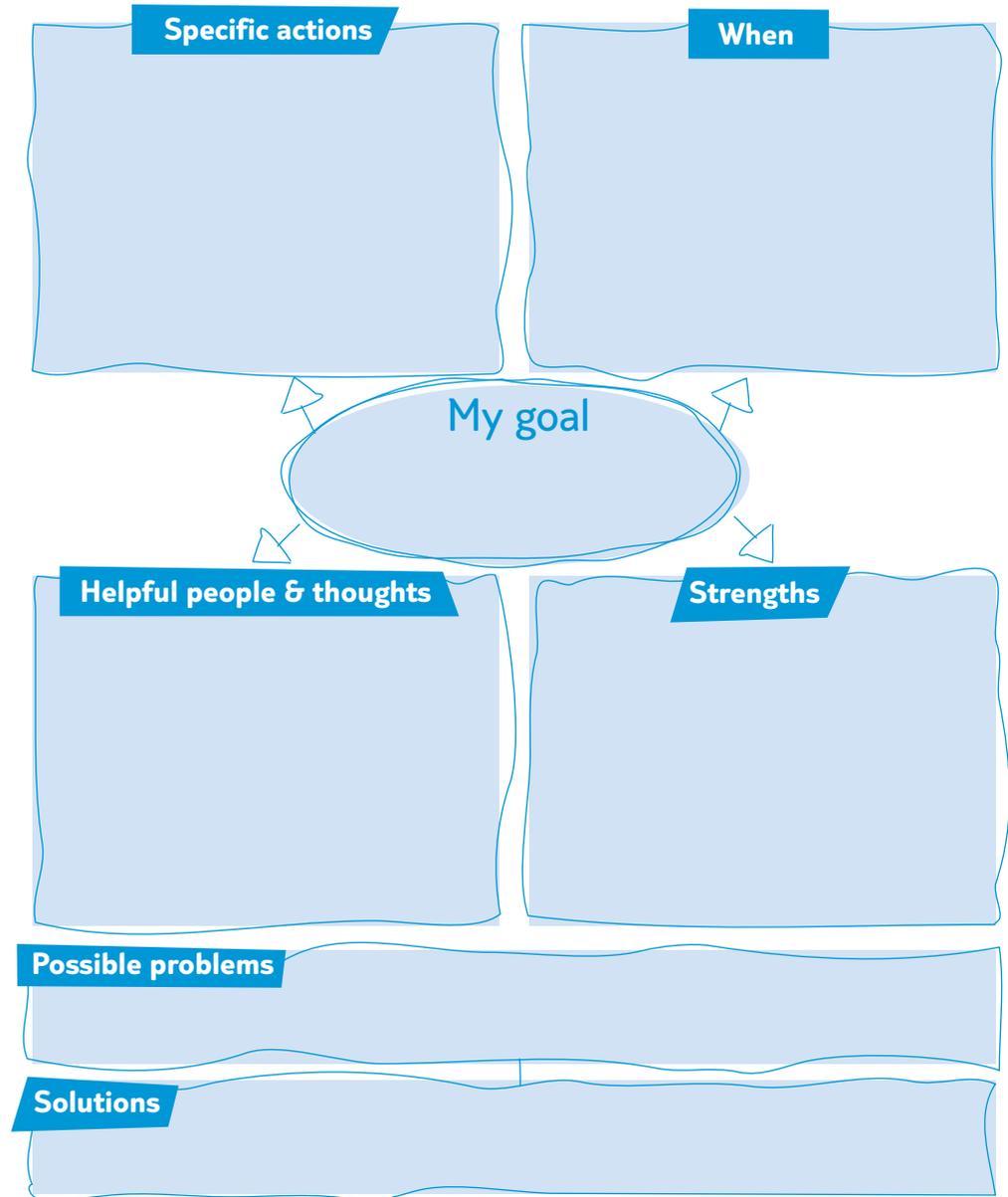
Write the goal in the centre of the map.

This might say "Make an appointment with the housing officer".

Try to think about what you need to do so you can achieve your goal. When are you likely to do this? Is there anyone who could help you?

Could anything stop you from achieving your goal?

Can you think of ways that you could overcome these barriers?



**Now look at each of your goals and decide which one you intend to start with.**



# Recovery plan review

Once the dates you set in your Recovery Plan have passed, it is useful to go back and look again at that map.

Look at each problem in turn and write down what you have achieved so far in tackling the problem.

If there are still things to be done, write down what those things are so that you know how to move forward.

Remember, there are several things that can help you achieve your goals:

- Your own qualities and strengths
- Supportive people around you - family and friends
- Other people in recovery
- Your local community
- Your local alcohol/drug services

A problem I have	Progress I have made in tackling this problem	What has still to be done?

## Reflection



This section has encouraged you to think about your feelings toward your drug use, remembering that this may be alcohol. You have worked through the maps to help you think about the part that your drug use has played in your life so far, and why you want to make some changes.

The last few maps have introduced you to the basic process of identifying and tackling problems. These are activities that you can repeat throughout your recovery journey. The next section will look at building the resources you will need as you continue your recovery. Before continuing, use the space below to reflect on your progress so far by using words or pictures, whatever you find helpful.

A large, empty, light blue rectangular area with a hand-drawn, slightly irregular border. It is intended for the user to write or draw their reflections.

# Growing Stronger

The first step on your recovery journey may have been very difficult but you will find that you are growing stronger as each day passes. One of the core aspects of recovery is being positive and confident in yourself.

It is important to think about what is helping you to continue in your recovery and what you can do to help grow even more confident in yourself as a person in recovery.



# Building on success

In order to grow stronger and continue in your recovery journey, it is important to look at any successes you have had.

It may only be a small success, but it can be very useful in helping you learn and continue to move forward.

Think about a success you have had recently and consider how you made it happen. Has anything changed because of this success? What have you learned from this experience?

**What was your success?**

Blank space for writing the answer to "What was your success?"

**How did you make it happen?**

**What did you do to make it happen?**

**How did you decide what might work?**

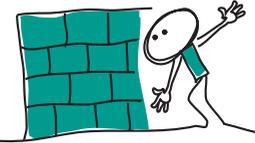
**What did you learn?**

Three vertical columns for writing answers to the questions: "What did you do to make it happen?", "How did you decide what might work?", and "What did you learn?". Arrows indicate a flow from left to right between the columns.

**How can you use what you've learned from this in the future?**

Blank space for writing the answer to "How can you use what you've learned from this in the future?"

# The brick wall



It is just as important to look at the unsuccessful attempts you may have experienced. These are just temporary roadblocks within your longer term recovery journey.

These roadblocks can be overcome by thinking about what you did and how you were thinking at the time.

It is also useful to think about other times this has happened and what you could do differently next time.

**What was the unsuccessful attempt?**

**What made it unsuccessful?**

**Your actions?**

**Your thoughts?**

**Other times this has happened before**

**What can you do differently next time?**



# Building your self esteem

'Self talk' is the messages that we give ourselves on a daily basis. These messages can be positive and help us to feel good about ourselves but they can also be negative and make us feel rotten about ourselves.

We are in control of our own self talk and so we can challenge the negative messages we say to ourselves.

Look at the examples on the map. For every negative message, we can challenge it with a more realistic message to help boost our self esteem.

At the bottom, add your own examples of negative self talk and how you can counteract this.

## Negative Message

**Makes generalizations:**

"I didn't get the job I went for. I'll never get a job, I don't have anything to offer."

**Makes small upsets into big problems:**

"He doesn't like the CD I bought him. He must think I have awful taste. I never give good presents, I'm such a bad friend."

**Makes illogical leaps:**

"She's looking at me funny. It's 'cos she knows I use. She thinks she's better than me."

**Is too harsh:**

"My tutor said that my work was good, but I think it should have been better. I can't see how they didn't notice how much was wrong with it."

**Negative messages you use:**

## Challenging message

**Is specific:**

"I wanted that job and I didn't get it but that doesn't mean that I'll never get a job, I've got jobs before, so I know that I'm employable."

**Looks at things realistically:**

"I'm disappointed that he doesn't like the CD but he usually likes the stuff I get him."

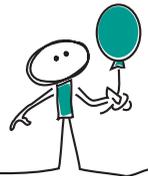
**Challenges illogical thoughts:**

"Yeah, she is pulling a face, but I don't know why. She might be having a bad day, that doesn't mean she's looking down on me."

**Be reassuring:**

"My work was good. It might not have been perfect but I'm still learning and I did a good job. I should be proud of myself."

**How you can challenge this:**



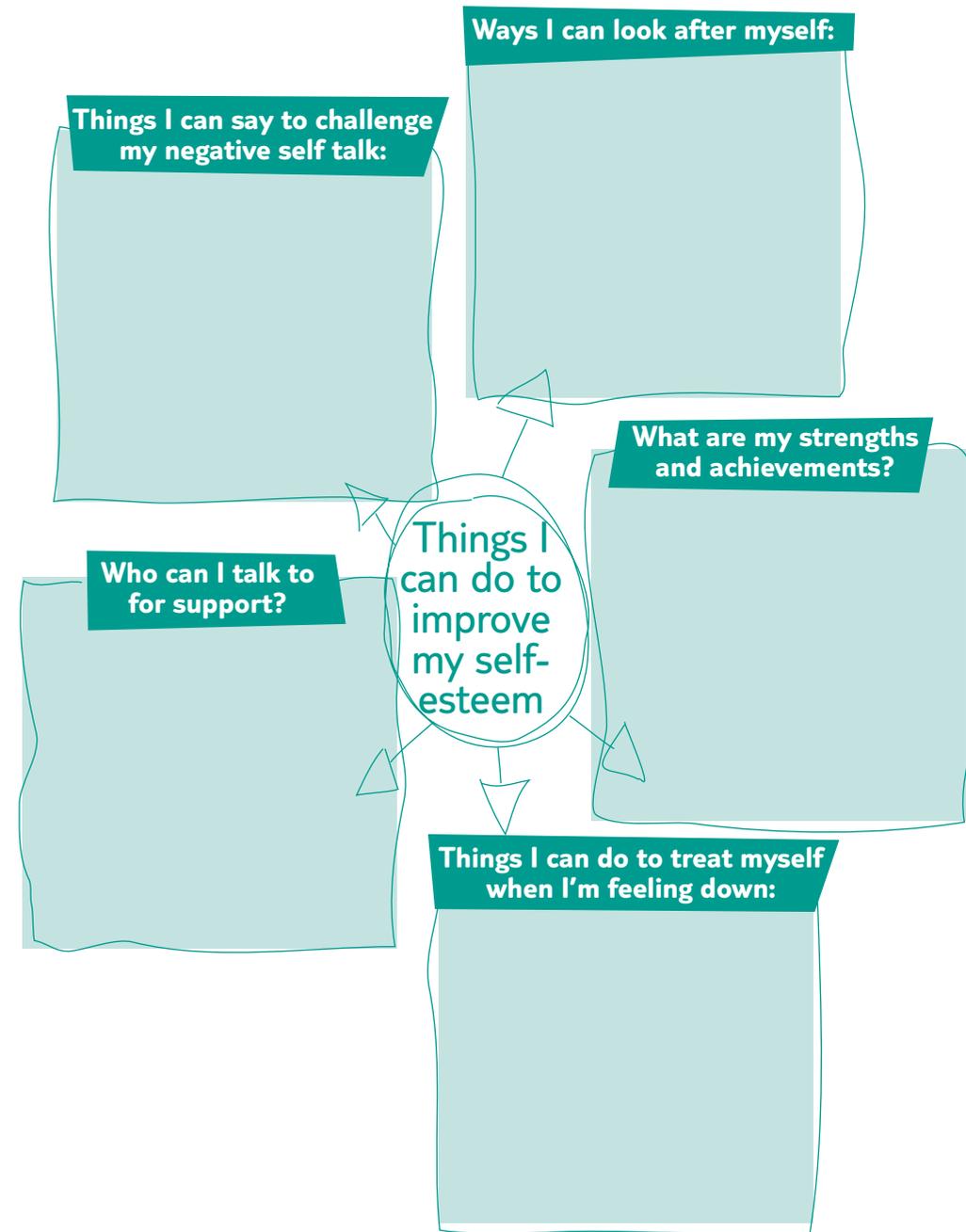
# Improving self esteem

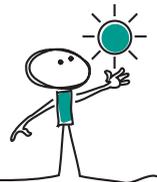
Be patient, it is possible to boost your self-esteem but it may take time.

Here are some key things you can do to help boost your self esteem:

- Challenge your negative messages.
- Take care of yourself – eat healthily, exercise, look after your appearance.
- Do things you enjoy, find fun or relaxing.
- Remember your strengths and achievements.
- Talk to someone you trust.

Use the map to write down what things could be helpful for you in boosting your self esteem.





# A positive identity

It is important within your recovery journey that you learn to value yourself as a person worthy of respect and care.

This map asks you to think about the qualities that you would like to have. Here are some suggestions to help start you thinking but try to add things your self too.

- Sense of Calm
- Kindness
- Sense of Humour

Look at each quality in turn and think about how much you believe you own that quality right now. Rate yourself between 1 and 10, if 1 represents 'not at all' possessing this quality and 10 represents 'very much' possessing this quality.

Thinking about the score you have given for the quality, try to write down examples of how you display that quality and how this can help you in your recovery.

Quality I would like to have	My rating (1-10)	An example of how I display this quality now	How can this help you in your recovery?
Sense of calm	7	I did not get upset or angry when my partner came home late last night.	I can cope with angry, upset or difficult feelings.

## Reflection



These maps have helped you begin to think about key areas which are important for your recovery. These areas are:

1. Your self esteem
2. Your self efficacy (how confident and strong you feel about achieving the things you aim for)
- 3 A positive self identity
4. Self-coping (how you look after yourself and your recovery needs)
5. Self-management (how strong you are in resisting cravings to use drink/drugs and your ability to control your feelings.

This is an ongoing challenge and it may be useful to reflect on your strengths in these areas before you move forward to the next section of MyRAP. Use the space below in whatever way you find helpful.

A large, empty, light blue rectangular box with a thin teal border, intended for reflection. The box is positioned below the text and occupies a significant portion of the page.

# The recovery journey



At this point you are now well and truly on your recovery journey. However it is still perfectly normal if you are finding things difficult. You can go back and look at any of the maps you have completed so far to remind yourself of your progress or repeat the maps if you think that would be helpful.

This next section of maps help you to think about strengthening your recovery by looking at the supports you have around you and what goals you have for your future.



# Health checklist

Your physical health will play an important part in your recovery and how you cope with stress, difficult times or set backs.

Some things you might find helpful to try are:

- Relaxation techniques
- Cutting down on caffeine and nicotine close to bed time.
- Eat more fruit, vegetables, bread and rice.
- Eat less fatty and sugary foods.
- Drink more water.
- Exercise regularly– try a short walk every day.
- Having fun! – do things you enjoy.

Use the map to help you think about your personal goals to help stay emotionally and physically healthy in your recovery.

<b>Sleep</b>	<b>My goal is:</b>	<b>First step:</b>
<b>Nutrition</b>	<b>My goal is:</b>	<b>First step:</b>
<b>Exercise</b>	<b>My goal is:</b>	<b>First step:</b>
<b>Having fun</b>	<b>My goal is:</b>	<b>First step:</b>

**Try to think about how to link these things into your daily routines and make them part of your emerging recovery rituals.**



# What is recovery?

Everyone will have their own unique recovery journey. It is important that your journey is what you want it to be.

Use the next map to help you think about what you want to achieve from your recovery journey. You might want to tick the circles that you agree with and write or draw your own ideas in the bottom box.

What does recovery mean for you?



**What does recovery mean for you?**

**As your recovery journey progresses, so may your aims and goals. You can come back to this map and look at how your recovery goals change if you need to.**



# Enabling recovery

Starting the recovery journey is one thing but staying on the journey is another. It is helpful to think about how you will manage if things become difficult. There are many people you could see, places you could go or things you could do to help you maintain your recovery.

Use the next map to help you think about what these things would be for you.

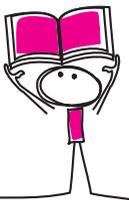
**How will you stop using all drugs and stop being around drugs?**

**How can you avoid people and situations that trigger your desire to use?**

**Can you ask a non-using family member or close friend to be your 'partner' in recovery?**

**How will you go about forming a self-image of yourself as a Person in Recovery?**

**What can you do to plan your time and stay busy?**



# Recovery journal

You have made a lot of progress on your recovery journey and it is important to think about those successes.

Take some time to think about how you have managed so far in terms of your drug use, your health and your relationships.

For example:

- Think about your successes
- Have you experienced any rough spots?
- Do you have any worries?
- What goals are you working toward?

Use this map to help you keep a journal of your own for every week of your recovery. This will help you look back on how you were managing at the beginning of the journey and how far you are progressing. This is a learning map so it may be useful to look back at some earlier maps which you found helpful for your progress.

Week beginning -

Recovery Area	Success	Rough Spots	Concerns	Goals
Staying clean				
Recovery work				
Social relationships				
Personal				



# Recovery goals

The goals you have set yourself for your recovery are not easy.  
As you achieve your goals, congratulate yourself!

It is useful to think about the goals that lie ahead of you and think about what might help you achieve them. Try to imagine how achieving the goal will make you feel.

Now ask yourself:

- What steps do you need to take to achieve your goal?
- What strengths do you have that will help you achieve your goal?

**Goal:**

**How will things be different when you reach this goal?**

**What do you need to begin working on this goal? What steps make sense?**

**What are three of your positive personality strengths that will help you reach this goal?**

1.

2.

3.

**How will you review and reflect on achieving this goal?**

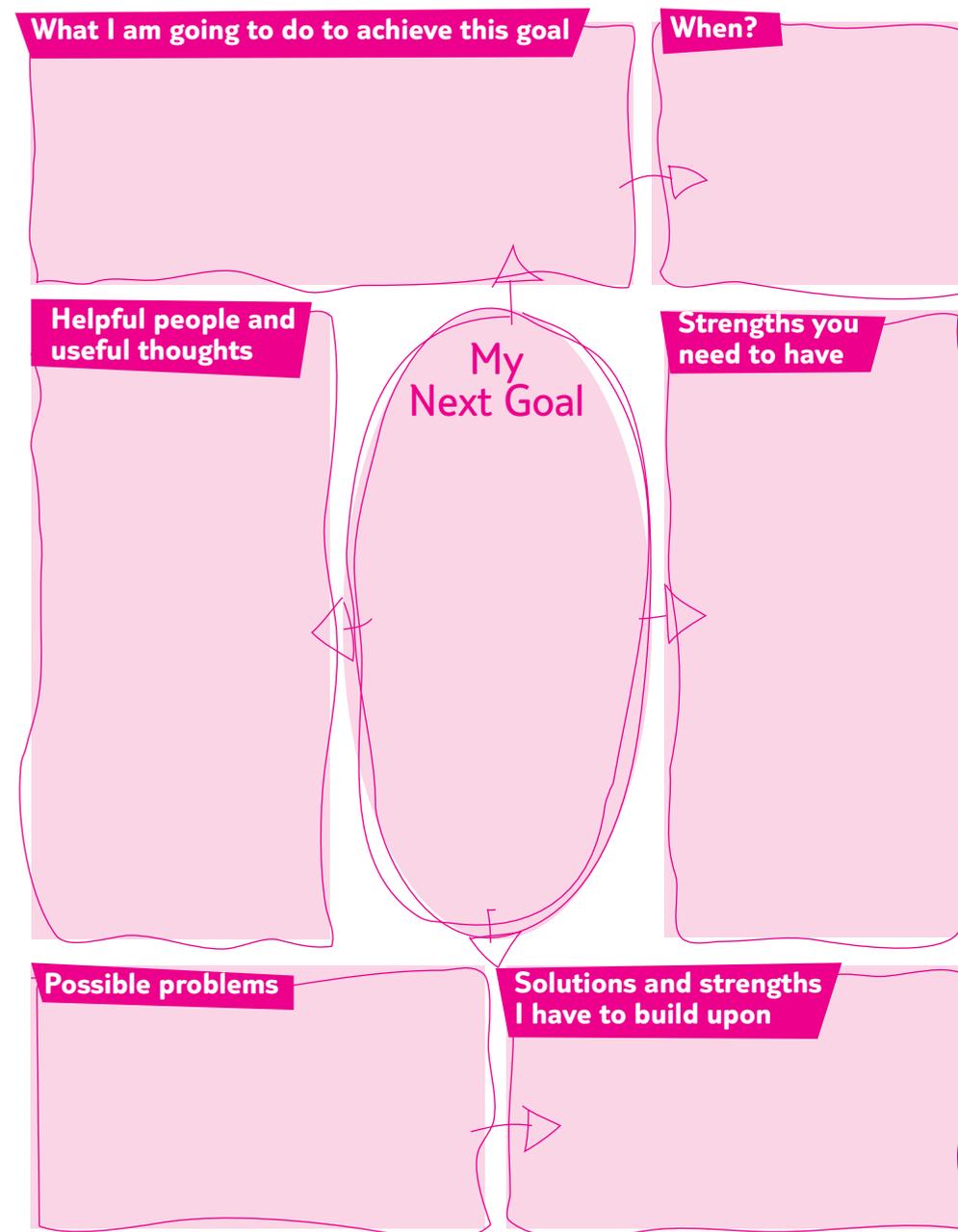


# My next goal

It is important to keep setting yourself goals along your recovery journey. You will find that as you progress, your goals will grow more ambitious and have less and less to do with your substance use.

As you progress in your recovery and you grow stronger, you will be able to tackle larger goals because you have so many strengths to help you do this.

Use this map to plan another goal and think about all your strengths and how these can help you achieve your next goal.



# Recovery support



The supports you have around you will be very important in maintaining your recovery. Building a supportive network is of great importance but can be very difficult in the early stages of recovery. This may involve staying away from friends or family who continue to use in order to reduce the risk of any setbacks.

Here are some questions to think about.

How can you make new friends or get back in touch with old friends who do not use?

How can you avoid the influence of friends who are still using?

How can you avoid the influence of family who are still using?

## Making new friends

What works?

What doesn't?

## Avoiding the influence of friends who use

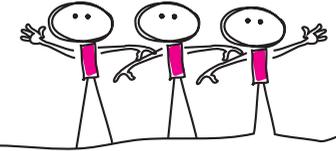
What works?

What doesn't?

## Avoiding the influence of family members who use

What works?

What doesn't?



# Family support

The definition of 'family' is very personal as you may feel very close to people who are not actually related to you.

Try to think about anybody who has helped you through your recovery journey and write their names in the first box.

You might want to ask yourself:

What do these people do that helps you in your recovery journey?

Are there times when people around you are not supportive of your recovery?

**Who in your family has been most helpful in your recovery journey?**

**What does he / she do that helps your recovery journey?**

**What do you do to take care of yourself when you deal with unsupportive family members?**

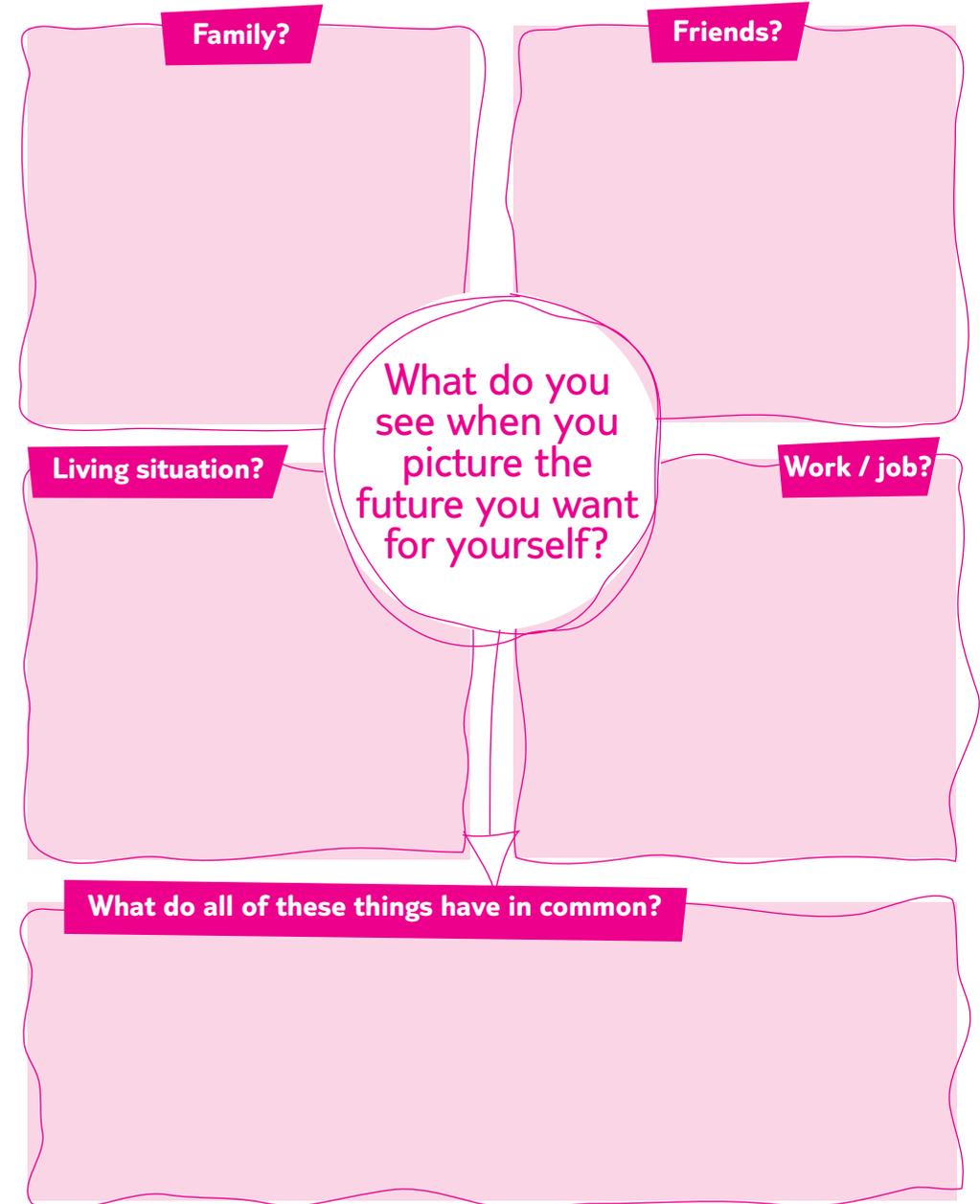


# Looking forward

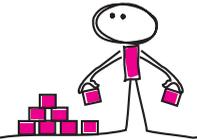
For many people, recovery will continue to be a journey but that journey will become easier as you become stronger.

As we near the end of MyRAP, use this map to think back about how far you have come in your journey and where you would like to see yourself in the future.

You may wish to imagine yourself in six months time, a year's time or even five years time.



# Building your recovery assets



This final map asks you to think about all the supports you have around you, how they help you now and how they can continue to help you on your recovery journey.

Use this map as the overview and summary of where you are and what you have achieved. It will act as an ongoing roadmap, helping you gather and make good use of the resources you need for the remainder of your recovery journey.

	Who are your assets?	What is good about them?	What benefits do they offer you?	How can they be a part of your recovery journey?
You				
Family				
Friends				
Recovery Groups				
Community Groups				
Workers				
Peers				
Others				

# Helpful contacts and resources

In addition to the supports you have identified, you may also find these resources helpful.



## **Wired In**

The mission of Wired In is to improve the lives of people affected by drug and alcohol use problems. This website provides information about overcoming drug and alcohol problems and maintains online and real world recovery communities that help people find their pathway to recovery.

[www.wiredin.org.uk](http://www.wiredin.org.uk)

## **Alcoholics Anonymous (AA)**

AA is a Fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Northern Service Office Glasgow 0141 226 2214

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## **Narcotics Anonymous (NA)**

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. Regular meetings allow members to share their personal experiences with each other. The only requirement for membership is a desire to stop using drugs.

UK NA Helpline 0300 999 1212 • [www.ukna.org.uk](http://www.ukna.org.uk)



### **Cocaine Anonymous (CA)**

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

CA Scotland Helpline 0141 959 6363 • [www.cauk.org.uk](http://www.cauk.org.uk)

### **SMART (Self management and recovery training) Recovery**

SMART Recovery aims to help individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives. Attention is placed on motivation, coping with cravings, problem solving and achieving a balanced lifestyle and support is offered online or through face to face meetings.

[www.smartrecovery.org](http://www.smartrecovery.org)

### **Scottish Drug Recovery Consortium (SDRC)**

The SDRC is an independent charity established to drive and promote recovery for individuals, family members and communities affected by drugs across Scotland.

[www.sdrconsortium.org](http://www.sdrconsortium.org)

### **Lanarkshire addiction Recovery Consortium (LaRC)**

LaRC aims to improve the lives of individuals affected by alcohol and/or drugs and aims to increase the visibility of people in recovery.

Telephone: 01698 829606 • Email: [larc@info.co](mailto:larc@info.co) • <http://larc.co>

### **Lanarkshire Alcohol and Drug Partnership (ADP)**

Lanarkshire ADP is responsible for developing and driving forward a strategy to tackle issues around drug and alcohol problems. The website has information around support services for anyone affected by drug and alcohol problems as well as stories of individuals in recovery.

[www.lanarkshreadp.org](http://www.lanarkshreadp.org)

### **Lanarkshire Recovery Network (LRN)**

LRN is hosted by Lanarkshire Links and aims to ensure that the voices of individuals with mental health problems and their carers are heard. To read about the experiences of people within Lanarkshire recovering from mental health problems visit the website.

[www.lanarkshirementalhealth.org.uk](http://www.lanarkshirementalhealth.org.uk)

### **Faces and Voices of Recovery**

People in long-term recovery, their families and friends share their recovery stories and advocacy successes to give hope to others and demonstrate the power and reality of long-term recovery.

[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)



# Final thoughts

Having completed MyRAP, spend some time thinking about how far you have come in your recovery journey. Use this space to write, draw or insert any pictures or words that help you explain your experience so far.

**My experiences**





Thanks to all those who contributed to the development of this resource.