

## **SPIRITUALLY BASED RESOURCE RECOVERY PLAN**

**What are my overall goals for my Spiritually Based Recovery Resource Plan?**

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### **SPIRITUALITY OF HUMAN CAPITAL**

**Please answer the following regarding your physical well-being:**

How am I observing good practices of self-care, including getting enough sleep, exercise, and nutritious food? \_\_\_\_\_

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Which of those areas need more attention?

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How much time do I afford myself daily for prayer and meditation? Weekly? Monthly?

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How much time do I spend in worry or concern regarding my or my loved one's addiction?

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How has my physical health been affected by my or my loved one's addiction?

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What role does my spiritual life play in regard to my or my loved one's overall health and well-being? \_\_\_\_\_

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What could I do to increase my spiritual life?

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**Goals**

What are one short term goal and three long term goals that I can undertake to increase my physical and spiritual well-being?

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What is a reasonable time frame for me to achieve the short-term goal?

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What is a reasonable time frame for me to achieve my long-term goals?

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What steps do I need to take to achieve my goals?

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What outside influences, including family and support groups, might be necessary for me to achieve each of my goals?

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**Comments:**

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**SPIRITUALITY OF CULTURAL CAPITAL**

**Please answer the following regarding your attitudes, identity, and values:**

Who am I?

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Who is God?

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When do I feel closest to God?

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Describe a time in your life when you might have sought validation from someone else.

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Describe a time in your life when you might have compromised your own values to please someone else.

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In what way does my past behavior become a determining factor in my life today?

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How do I measure my self-worth?

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How do I think God measures my worth?

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When I undertake a task, how much expectation do I set for myself?

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Do I focus more fully on my failures or on my progress?

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**Goals**

What is one short term goal and three long term goals I can set so that I can see myself the way God sees me?

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What is a reasonable time for me to achieve the one short term goal?

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**SPIRITUALITY OF SOCIAL CAPITAL**

**Please answer the following regarding your relationships and social connections:**

How do I work at the development of healthy one-on-one relationships?

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Where do I actively seek out opportunities for social connection?

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When do I share with others that I or my loved one is in recovery?

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How much time do I spend isolating myself? How much time do I spend in community?

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How has my or my loved one's addictions affected my relationships with others, including family, friends, and coworkers?

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How much time do I spend in a sober/sober-support community? (e.g., AA/NA, Al Anon, Nar Anon)

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What role has a faith community ever played in my life?

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What is the role of a faith community in my life currently?

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**Goals**

What is one short term goal and one long term goal that I can undertake to improve my social connections?

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What is a reasonable time for me to achieve the short-term goal?

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What is a reasonable time for me to achieve the long-term goal?

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What steps do I need to take to achieve my short-term goal? My long term goal?

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What outside influences do I need to assist me in achieving my goals?

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**Comments:**

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**SPIRITUALITY OF PHYSICAL AND FINANCIAL CAPITAL**

**Please answer the following regarding your physical and financial well-being:**

What are the circumstances of my living conditions?

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How do my living conditions support my or my loved one's recovery? How might these conditions be improved?

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How can I assure that my home affords me a safe and sacred space?

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What is my employment situation?

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How does my employment make me feel as though I am participating in God's work?

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What change can be affected so that I feel as productive as possible in my work life?

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How has my level of education contributed to my feelings regarding my employment status?

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How might I benefit from any additional training or education?

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How do I perceive the status of my financial life?

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Have I been able to manage my money, paying bills on time, saving money, etc.?

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What are ways I can become more financially solvent? How do I actively seek to help others?

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How important is almsgiving to me?

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**Goals**

What is one short term goal I can undertake to make my home a more sacred place?

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What is one long term goal I can undertake to improve my employment situation or the way I perceive it?

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What is one long term goal I can undertake to improve my financial situation or the way I perceive it?

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What is a reasonable period of time to achieve my short term “sacred space” goal?

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