

Having a person in recovery will be helpful. This allows you the benefit of support and encouragement, but also accountability. Furthermore, when individuals alter course in the recovery, they can feel alone and isolated. Ideally, your support person will help you feel connected. When you choose this person(s) it is important to have someone you can trust and be nonjudgemental. You can choose more than one person. Different individuals can serve different purposes in your recovery. It does not have to be just one person.

1. Name of person:

Contact number:

2. Name of person:

Contact number:

3. Name of person:

Contact number:

4. Name of person:

Contact number: