

Tips for Recovery Fact Sheet for Patients

Introduction

Use this sheet to write out specific situations that might put you at risk of using opioids and what to do about each one. Filling out the sheet with your provider can be a great way of collaborating on a recovery plan. Once you finish, print out a hard copy so it is always accessible, and keep it up to date.

Recognizing and Responding to Triggers

| <i>Triggers that can lead to drug use</i> | |
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| List feelings (eg, anger, sadness) and situations (eg, "My dealer comes by," "I visit my friends who offer me drugs") | |

| <i>Coping strategies</i> | |
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| Strategies to use on my own (eg, mindfulness exercises, going for a walk, listening to music) | Supports that I can reach out to; include contact info (eg, Jill, friend, 555-1212; Jack, sponsor, 555-8989) |

Staying Safe

| <i>Dose reduction</i> | |
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| How much you are currently using; be specific (eg, one bundle of heroin fentanyl IV daily) | Reduction plan (eg, one less pill or one less dose each day) |

| <i>Harm reduction</i> | |
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| Risky behaviors (eg, sharing needles) | How to be safer (eg, only using sterile needles from the syringe exchange) |