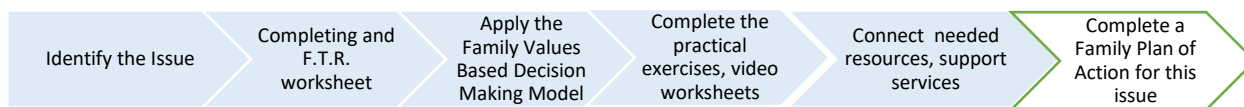


# Successful Life Long Recovery

## *“Responding to Family Issues Process”*



## SEMINAR #19:

<b>Purpose:</b>		<i>The Responding to Family Issues creates a plan for future use in how the family will collectively respond to an issue.</i>
<input type="checkbox"/>	Instructions	The Relapse is a process of sorts, it provides a step by step path for a family to consider when developing their response in how to best create a solution to a family issue. Complete each step below to formulate your possible family course of action.
	Identify the Issue	First, identify what issue you are seeking to address. Write what you know about the issue. Then proceed.
<input type="checkbox"/>	Complete Family Transformational Response (F.T.R.)	Complete each section in the F.T.R. worksheet using your identified issue. This seminar reviews what is included to a successful life long recovery plan: Relapse Prevention Plan (Triggers), Create your Support Network, First Take Care of Yourself. Which of these will the family seek to solve?
<input type="checkbox"/>	Complete Family Value Based Decision -Making Model	In the Family Value Based Decision-Making Model worksheet complete each section, then take that information and use it as your decision on what you will do collectively as a response to this issue.
<input type="checkbox"/>	Key Topic #1: Relapse Prevention Plan (Triggers)	Your family members will seek identify what triggers in the family environment that should be removed. Then how could the environment changed or circumstance changed to prevent the relapse. Also complete the practical exercise in the Seminar Workbook.
<input type="checkbox"/>	Key Topic #2: Create your Support Network	Each family member will seek clarity of who is in their lives to support them, and what level of support is likely to be shared. Complete the practical exercise in the Seminar Workbook.
<input type="checkbox"/>	Key Topic #3: First Take Care of Yourself	Your family members will seek professional tools are used to assess, develop their response to the how one takes better care of themselves. Each will be different.

# Family Plan of Action

## **I. SOLUTION:**

The Identified Solution: (From the completed F.T.R. Worksheet):

## **II. DECISION:**

The Decision-Making Process: (From the completed Family Values Decision-Making worksheet)

## **III. PLAN OF ACTION:**

### **Priority # 1.**

Task:

Task:

Task:

### **Priority # 2.**

Task:

Task:

Task:

### **Priority # 3.**

Task:

Task:

Task:

Prior to taking any action it is important to review your families plan of action with a professional therapist, counselor or licensed State/Federal professional. This step should not be ignored and will ensure safety, continuity and bring about the best results for your loved one and your family.

