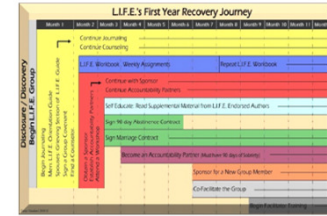


Recovery Entry Date: _____

Evaluation Date: _____

L.I.F.E. Recovery Model

Recovery Plan Evaluation



Yes	No	Sometimes	Need Improvement	Item
				Read LRM or View Video and First Year of Recovery, Initial Covenant
Counseling / Therapy				
				Counseling (Trauma Model, Sexual / General Addiction, Sexual Abuse, Family Systems Work)
				Core Issue Addiction Recovery Workshops
				Intensives (Dr. Laaser, Faithful & True; Bethesda Workshop/Intensives)
L.I.F.E. Recovery Group				
				Attendance
				Contribution (Investing into the recovery of others; Time, Talents & Treasures)
				Small Group Participation: Principle Application
				Get Current: "I feel ___ about ___ because ___." Top Lines / Bottom Lines [P4A1]
L.I.F.E. Recovery Guide				
				Principle Work
				Journaling Assignments
				2-3 Cycles thru workbook
				Daily Call "I feel ___ about ___ because ___." Top Lines / Bottom Lines [P4A1]
				Accountability Partners
				Sponsor
				Abstinence / Sexual Abstinence - 90 days minimum [P4A1]
				Marriage Agreement / Couples Covenant [P4A3]
Self Care				
				Daily Inventory [P6A1]
				Weekly
				7 Week Tally
Continuing Self - Education				
				Christian Fellowship / Bible Study
				Recovery Materials: Healing the Wounds of SA, Out of the Shadows (see FMM's Recommended Reading webpage)
				Supplemental Materials: CIAR Training, Seven Desire of the Heart, Boundaries, Family Systems, Spirituality, Physical Fitness, Nutrition, Hobbies etc.
				FMM - Core Issue Addiction Recovery (CIAR) Training
				C-SASI, IITAP Certifications
3 - 5 Years Active Recovery / Lifetime of Maintenance				
				Vision: God's plan for your life (Vision Story Board)
				Serving out of your story
				Facilitate or Co-Facilitate
				Share Testimony [P7A1, 2, 3]
				Become an Accountability Partner - Must have minimum of 90 days of Sobriety
				Become a Sponsor
				Become a CIAR Ambassador (Community Spokesperson) 2-3 Cycles thru workbook
				Plant / Sustain L.I.F.E. Affiliate Training Center

The First Year of Recovery

Before a lifetime of recovery can be experienced one must intentionally develop disciplines that pursue wholeness, all of which are presented in the **LRM**, with particular emphasis on the initiatives begun in the **First Year of Recovery**.

Frequent evaluations of a "Recovery Plan" are crucial for success, *especially at times when fulfillment appears illusive*. Please keep in mind that every recovery journey is different. Experiences and circumstances vary for each of us. Nevertheless, the entry point for a lifetime of true recovery is through commitment. This timeline for recovery begins the moment we are committed. Are you ready?

The LRM details the non-negotiable aspects for a successful **First Year of Recovery**. Please see disciplines listed to the left. The monthly timeframe within the LRM is secondary to the sequential building of recovery disciplines and their consistent application within and after each period represented.

"Examine me, O LORD, and try me;
Test my mind and my heart."

Ps 26:2