

Making Recovery Decisions

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

DECISION

What decision am I facing? _____

Next, decide how big of a role you want to play in the decision. If you decide to take part in the decision, you can use the rest of the worksheet to help guide your thoughts and discussion with your treatment team.

Whom do I want to participate in this decision?

- Me
- My therapist
- My family member, spouse/partner, or friend _____
- Other _____
- My doctor
- My social worker/case manager
- Other _____

VALUES AND PREFERENCES

Think about what your experiences, values, and preferences are around this topic. Make sure to share these with members of your treatment team.

What is important to me (my values), and what are my experiences?

WHAT ARE MY OPTIONS?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

OPTION A

OPTION B

OPTION C

PROS AND CONS

Work with your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “it does not matter at all.”

OPTION A:			
+ PROS	How much it matters	— CONS	How much it matters

OPTION B:			
+ PROS	How much it matters	— CONS	How much it matters

OPTION C:			
+ PROS	How much it matters	— CONS	How much it matters

NOW, IT IS TIME TO MAKE A DECISION

Which option do I prefer?

- OPTION A**
 OPTION B
 OPTION C
 UNSURE

Which option does my support network prefer?

- OPTION A**
 OPTION B
 OPTION C
 UNSURE

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