X's & O's – Recovery Playbook

Game-plan your recovery strategy

Printable worksheet · 1 part

Name _____ Date _____

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X's & O's – Recovery Playbook

X's and O's of Recovery Protection Planning

Build Your Recovery Team to Block Life's Obstacles

Game Plan Overview

Think of your recovery journey like a football game. You're the running back carrying the ball toward your recovery goals. Your support network is your offensive line - their job is to block the obstacles and challenges that try to tackle you.

Your Offensive Line (Support Team)

These are the people, groups, and resources that protect and support your recovery: sponsors, therapists, family members, recovery friends, support groups, medical professionals, spiritual advisors, and recovery programs.

The Defense (Obstacles & Challenges)

These are the barriers, triggers, and challenges that threaten your recovery: cravings, emotions (anger, fear, loneliness), trauma triggers, isolation, legal issues, medical problems, financial stress, or relationship conflicts.

OBSTACLES & CHALLENGES (Defense trying to tackle you)

YOUR SUPPORT TEAM (Offensive line protecting you)

YOU (The Running Back)

Your Name

Support Team - Your protectors

You - The recovery warrior

Obstacles - Challenges to overcome

Game Plan Analysis

Match-Up Strategy

Which support team members are best equipped to help you handle specific obstacles?

Example: My sponsor helps me with cravings, my therapist helps with trauma triggers...

Weak Spots

What obstacles don't have enough support coverage? Where do you need more help?

Example: I don't have enough support for dealing with financial stress...

Strengthening the Line

What new support team members could you add? What resources haven't you tapped into?

Example: I could join a men's/women's group, find a financial advisor...

Action Plan

What specific steps will you take this week to strengthen your recovery protection?

Example: Call sponsor daily, attend 3 meetings, schedule therapy...

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