

Contract

In an effort to acquire and maintain a healthy, productive, happy lifestyle

I, _____, promise to follow the agreed upon rules:

I will be up by 9:00 am each morning. Make my bed, open blinds, & pick-up room.

I will eat 3 healthy meals per day.

I will exercise for a minimum of 30 minutes per day.

I will read a positive self-help book for 30 minutes per day.

I will attend 1 AA/NA per day and get involved in a group.

I will submit to random drug tests.

I will go to church with my family on Sunday and once during the week.

I will do chores around the house for myself and the family.

I will cook some meals weekly.

I will find a counselor/psychologist to meet with for outpatient help.

I will keep a journal to write about my progress.

I will volunteer in the community weekly.

I will make a daily list of small goals I hope to accomplish.

I will go to bed by midnight.

Signature _____

Signature _____

(See below for detailed explanation.)

Contract

In an effort to acquire and maintain a healthy, productive, happy lifestyle

I, _____, promise to follow the established rules:

The purpose of the contract is multifold. Structure, boundaries and guidelines are the key to a successful recovery. Too much free-time and/or unsupervised time allows the person's mind to drift and lose focus of their goal. Every "task" should have a physical, mental and/or spiritual element. Many physical activities not only help the body recover but help the brain to begin healing too. Physical activity stimulates the brain to begin to produce chemicals that may have been artificially supplied through drugs causing the brain to shut down production. Spirituality, in a nutshell, brings hope into a person's life.

I will be up by 9:00 am each morning. Make my bed, open blinds, & pick-up room.

This is the beginning of adding structure and a healthy routine. Often due to withdrawals and previous schedule sleep patterns this new pattern may take a while to become established. If possible do not take medication to sleep. The person's body needs to begin to regulate itself.

I will eat 3 healthy meals/day.

Eating healthy food needs to become a priority. The person may not be hungry in the beginning due to withdrawing and may crave sweets but soon good eating habits need to be developed.

I will [exercise](#) for a minimum of 30 minutes per day.

At first exercising may be difficult. Often the person has chosen drug usage and getting high over physical activity. Begin by walking around the block a couple of times/day. Then gradually increase the distance. Joining a gym might serve two purposes- physical exercise and socialization.

I will read a positive self-help book for 30 minutes per day. ([Recommendations.](#))

Motivational and self-help books keep the mind thinking about positive changes and hope for a new way of life begins to take seed. Not only can a person read books but the library often has these books on tape. This activity would be good for the entire family.

I will attend 1 AA/NA per day and get involved in a group.

Family members may/should consider attending Al-Anon or Nar-Anon groups. There are many reasons to attend these groups: 1) realize you aren't the only one facing this type of problem, 2) build a supportive network of friends who are aware of the struggles and want to help, and 3) realize others have been successful...instill hope. These are the main reasons but there are many other positive outcomes in attending these meetings.

I will submit to random drug tests.

This may help to take temptation away from the person in recovery. Establish specific consequences if test is positive and be willing to take action if necessary. If the person is in a formal program random testing may be provided (the key is random). DrugAlcoholTest.com offers drug tests. Depending on which drug(s) are the person's drug of choice will depend on which test is best. A pharmacy may have a drug test but verify which drug(s) will test positive and at what levels.

I will go to church with my family on Sunday and once during the week.

Belonging to a church community is another good resource for community support, additional resources for friends and activities, and spiritual guidance. You may want to consider private counseling with the pastor or minister for the family and/or individual in recovery.

I will do chores around the house for myself and the family.

I will cook some meals weekly.

Helping with daily activities helps the person feel productive and may increase confidence and self-esteem. Be specific with tasks – detail exactly what is expected and when.

I will find a counselor/psychologist to meet with for outpatient help.

This contract assumes the person is not in residential treatment. If they are you may want to prepare something like this for when he/she comes home. You don't want to have the person go from a structure day of treatment to setting around the house. Meeting with a family therapist may be a good idea so everyone is on the same page. The person in recovery may need additional sessions or may want to meet with another counselor due to conflict of interest. There may be a good outpatient program close by or maybe the residential treatment has an outpatient plan which would be good for consistency when transitioning to the next step i.e. home, half-way house,...

I will keep a journal to write about my progress.

Keeping a journal may help the person see progress, help identify triggers, express feelings that may be difficult to discuss. (It may be possible that the counselor could help and encourage journal writing.)

I will volunteer in the community weekly.

Not only does this allow the person to give back to community but often this type of activity benefits the giver more than the recipient. (Meals-on-wheels, serving meals at shelters, Salvation Army... an internet search should find many local opportunities.)

I will make a daily list of small goals I hope to accomplish.

This helps a person plan the next day so there is a reason to get up and get going. In addition checking things off a list give a person a sense of accomplishment and increases confidence.

I will go to bed by midnight.

This goes back to establishing good habits and developing a healthy routine. (I would recommend only spending time in their room to sleep. No T.V. and/or computers should be in bedroom but in public areas of the house.)