

# QUIT DAY PLAN

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Patient ID #: \_\_\_\_\_

When you have a problem with drugs or alcohol and you haven't quit yet, you'll hear the word "denial" used by people who want you to stop using. They think you might be blind to the scope of your problem.

However, the truth is that most people are not blind to their problem. You may rationalize or minimize the impact your addiction has on your life, but you are not completely in denial. Quitting is not just about knowing that your life would be better if you quit. You probably have compelling reasons to stop and some which might lead you to a relapse.

Use this decision square to list the good things and bad things about quitting. Then list the good things and bad things about not quitting. When you're done you'll have a complete picture of all the factors influencing your quit date.

## Quit Day Influences

	QUIT	USE
GOOD		
BAD		

# QUIT DAY PLAN

**My Quit Day is:** \_\_\_\_\_

THE BEST THING ABOUT QUITTING IS GOING TO BE:

THE MOST CHALLENGING THING ABOUT QUITTING IS GOING TO BE:

THINGS I NEED TO DO BEFORE MY QUIT DAY:

1. Get rid of all the alcohol and drug paraphernalia in my home.
2. Call my supporters and let them know what kind of support I will need on my first day, in my first week, and in my first month.
3.
4.
5.

MY HIGH RISK PLACES AND SITUATIONS I NEED TO BE AWARE OF IN EARLY RECOVERY ARE:

\_\_\_\_\_, and instead I will \_\_\_\_\_.

\_\_\_\_\_, and instead I will \_\_\_\_\_.

\_\_\_\_\_, and instead I will \_\_\_\_\_.

\_\_\_\_\_, and instead I will \_\_\_\_\_.

MY PLAN FOR MY FIRST DAY WITHOUT ILLICIT DRUG USE:

THINGS I NEED TO HAVE ON HAND TO BE SUCCESSFUL IN MY QUIT DAY PLAN:

1. Nutritious food.
2.
3.
4.
5.

# QUIT DAY PLAN

PLANS FOR MY FIRST WEEK WITHOUT ILLICIT DRUG USE:

Monday:	
Tuesday:	
Wednesday:	
Thursday:	
Friday:	
Saturday:	
Sunday:	

MY PLANS FOR MY FIRST MONTH WITHOUT ILLICIT DRUG USE:

HOW I WOULD LIKE TO CELEBRATE MY FIRST 30 DAYS IN RECOVERY: