

Wellness Recovery and Action Plan (WRAP)

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This is the basic layout for a WRAP Plan. You can create a Word doc or whatever is most convenient to you to complete the list of questions/ideas/etc for your plan. Answer the following questions to help build your plan.

- What are my hopes and vision for my life? This is a big-picture question, the detail will come later. It is a question about your most important values and how you hope to express these values in your life.
- What are my recovery goals? What would I like to accomplish? Think about what is important to you in different areas of your life, break down large goals into smaller more manageable ones, start with easier goals and focus on one goal at a time, be specific, plan the steps for achieving this goal.
- What would I be doing, feeling and thinking if I were on track to reach my goals? What do you look like when you are doing well? Where are you living? What routines do you follow? What do you do independently and what do you need help with? How do you manage your emotions and behavior? How do you spend your time every day? Who do you spend your time with?
- What does relapse mean to me? What moves me away from my recovery goals and into the very situations that I want most to avoid? Relapse means different things for different people, it can mean using drugs or alcohol, hurting themselves or others or doing things that get them into trouble. What situations and behaviors do you most want to prevent?
- What are your risks for relapsing? Risks are situations, behaviors, thoughts or feelings that make relapse more likely.
- What are your biggest triggers to relapse? Triggers are the upsetting things that happen to us. They can be what other people do or say to us directly or to others around us. Triggers are often losses or failure including the losses of people close to us by death or separation. Triggers can be anything that reminds us of being unhappy, afraid, or otherwise stressed.
- What are your early warning signs of possible relapse? The very first signs you are moving away from your recovery goals and towards situations or behaviors that you most want to prevent. They may show up in feelings, thoughts and behaviors.
- What skills can you use to stay healthy? What steps can you take before you are triggered, before you see warning signs and before you face high risk situations, behaviors, emotions or thoughts?
- What coping or safety skills can you use when you are triggered, when you see warning signs of relapse, or when you face high risk situations, behaviors, emotions or thoughts?
- What social supports do you have or do you want to build? People you can spend time with just to have fun, enjoy conversation, share a meal or see a movie with.
- What can others do to help you cope or stay safe when they see warning signs? Do you prefer people to listen first? To give information? Support? To remind you what helped in other times? To give advice or encourage you to call your therapist?

Share this with at least one person who you trust.