Recovery Goal Action Plan - Practice worksheet

Link a chosen goal to a manageable step, support, barrier plan, and review time.

Adults; supported use as appropriate | 15 minutes

Fictional example: Casey wants to return to art group and plans to ask about accessibility.

Use an ordinary or fictional example, with a clinician when appropriate. A long-term recovery goal can be supported by a small near-term action.

Practice task

Link a chosen goal to a manageable step, support, barrier plan, and review time.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What is small enough to attempt before the next meeting?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A19-2