Recovery Goal Action Plan - Review journal

Review an attempt at recovery goal action plan and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What is small enough to attempt before the next meeting? My optional adjustment or support request:

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-A19-5