



This FREE RESOURCE is provided by The Lighthouse.

The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

## Helping Hand Contract

It is very possible for me to be headed down the road toward relapse without even realizing it. *I value your opinion and I need you to tell me if you have any concerns about my sobriety.* Here is a list of my warning signs indicating that I may be headed toward alcohol or drug use.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If you notice any of these signs or see me getting into trouble in other ways, please tell me. Don't wait until it is too late. If you do point out a concern to me, I promise I will try to listen without being defensive, because I know you care about me. If I don't listen to your concerns, or if my behavior doesn't improve, I want you to take these steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If I notice any of these relapse warning signs, I will speak up and let you know my concerns. I also promise to follow through with any recommendations you have concerning my well-being.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_