

Parents' Plan For Helping our Addicted Loved-One (ALO) Date: January 12, 2012

My/Our Name: Bill and Mary Jones

ALO Name: Cody Jones Rel. to me/us: Son

ALO's Present Living Situation: In our Home

My/our Vision for ALO's eventual Living Situation: His own Apt. or Renting a House
With Sober Room-mates, stable employment and working a Recovery program

Specific Actions* Parents will Take (With Target Dates)

"If nothing changes,
nothing changes."

*Change = Awareness + New Action

1) Have Cody complete a Recovering Person's Plan with us by 1/15/12

Examples

2) Take Cody off our Cell Phone Plan by 1/15/12

As a Gift, Offer to Buy Cody a Cricket Phone (put in his name) and pay first
months charges by 1/15/12

3) Stop paying Cody's Auto Insurance on 2/28/12

Take our name off of the Title to Cody's car by 1/15/12

4) Tell Cody all debts owed to us, are now forgiven A.S.A.P.

5) Ask Cody to begin paying rent of \$200 per month beginning 3/1/12

Take our name off of Cody's Checking Account and stop helping him balance it
by 1/20/12

"People change, **not** when they see
the light, but when they feel the heat.."

Consequences I/We agree to, if I/We do NOT follow through with this plan:

See a personal counselor once a week for an indefinite period of time. Or, agree to go to Bridge to Recovery In-patient program for co-dependents in Calif. Or, Attend Al-Anon and get a sponsor within 1 week. Or, attend 3 PAL, Al-Non or Nar-Anon groups each week. Or, Attend the "Breaking Free" Program when next available. Etc.

Parent Signature

Parent Signature

Problems I have with "Change"

- Owning responsibility for my actions?
- Finding strength to deal with it?
- Trusting my "Gut"?
- Asking for help?