POST CRISIS PLAN

How I would like to feel when I have recovered from this crisis
You may want to refer to the first section of your Wellness Recovery Action Plan--What I am Like When I am Well. This may be different from what you feel like when you are well--your perspective may have changed in this crisis.

________________________________________________________________________

I will know that I am "out of the crisis" and ready to use this post crisis plan when I:
________________________________________________________________________

Post Recovery Supporters List
I would like the following people to support me if possible during this post crisis time.
Who         Phone number  What I need them to do
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Arriving at Home (if you have been hospitalized or away from home)
If you have been hospitalized, your first few hours at home are very important.
Do you feel you will feel safe and be safe at home?  ___yes  ___no
If your answer is no, what will you do to insure that you will feel and be safe at home?
________________________________________________________________________
________________________________________________________________________

Things I must take care of as soon as I get home
________________________________________________________________________
________________________________________________________________________

Things I can ask someone else to do for me.
________________________________________________________________________
Things that can wait until I feel better


Things I need to do for myself every day while I am recovering from crisis.


Things I might need to do every day while I am recovering from this crisis.


Things and people I need to avoid while I am recovering from this crisis.


Signs that I may be beginning to feel worse--anxiety, excessive worry, overeating, sleep disturbances


Wellness tools I will use if I am starting to feel worse--star those that you must do--the others are choices
**Issues to consider**

What do I need to do to prevent further repercussions from this crisis--and when I will do these things.

People I need to thank.

<table>
<thead>
<tr>
<th>Person</th>
<th>When I will thank them</th>
<th>How I will thank them</th>
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People I need to apologize to

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<thead>
<tr>
<th>Person</th>
<th>When I will apologize</th>
<th>How I will apologize</th>
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People with whom I need to make amends

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<th>Person</th>
<th>When I will make amends</th>
<th>How I will make amends</th>
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Medical, legal, or financial issues that need to be resolved

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<tr>
<th>Issue</th>
<th>How I plan to resolve this issue</th>
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Things I need to do to prevent further loss--like canceling credit cards, getting official leave from work if it was abandoned, cutting ties with destructive friends, etc.
Timetable for Resuming Responsibilities

There is a worksheet at the end of this form that may assist you in this process.

SAMPLE
Responsibility

Plan for resuming this responsibility
ex. child care, pet care, job, cooking, household chores, etc.

Sample: Responsibility  work
Steps
in three days go back to work for 2 hours a day for five days
for one week go back to work half time
for one week work 3/4 time
resume full work schedule

Responsibility _____________  Who has been doing this while I was in crisis _________
While I am resuming this responsibility, I need (who) __________________________
to ______________________________________________________________________
Plan for resuming
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Responsibility _____________  Who has been doing this while I was in crisis _________
While I am resuming this responsibility, I need (who) __________________________
to ______________________________________________________________________
Plan for resuming
__________________________________________________________________
__________________________________________________________________
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to ______________________________________________________________________
Plan for resuming
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
Other issues I may want to consider

Signs that this post crisis phase is over and I can return to using my Daily Maintenance Plan as
my guide to things to do for myself every day.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Changes in my Wellness Recovery Action Plan that might help prevent this such a crisis in the
future.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Changes in my crisis plan that might ease my recovery.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Changes I want to make in my lifestyle or life goals.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What did I learn from this crisis? _____________________________________________
________________________________________________________________________
________________________________________________________________________

Are there changes I want or need to make in my life as a result of what I have learned?
________________________________________________________________________
If so, when and how will I make these changes?