



# DESIGNING A RECOVERY PLAN

- 1) **Set goals and create a timeline** – Take some time to think about your recovery goals and create a timeline of steps that you plan to take to achieve those goals.

**Examples of goals:**

- Detoxing
- Getting into a residential program
- Joining support groups / meetings
- Scheduling holistic treatments
- Improving nutrition and fitness
- Getting a physical
- Moving / relocating
- Finding a new job
- Going to school
- Going on a vacation or retreat
- Starting a new hobby
- Reaching out to friends / family / professionals
- Traveling
- Journaling
- Reading / writing a book

Purchase a calendar to keep track of appointments and daily tasks, as well as a notebook so that you can begin a recovery journal. In this, you can keep track of all important information, including information regarding each recovery program that you are considering, to-do lists, information about herbs and supplements (including costs and ordering information), holistic tips and tricks, keeping track of goals and timelines, support system contact info, doctor / program contact info, discussion questions from coaching programs, positive affirmations and quotes, prayers and/or mantras (if applicable), step-work (if applicable), and any other type of journal entry that you may want to make. This will become your recovery guide so that you can flip through it anytime you need a positive thought. Think of detox and recovery as a very transformational process in your life, like a Rite of Passage. It needs to be your priority and it needs to be handled with a lot of care and organization, because it has the potential to be the greatest experience of your life. Addiction feels like a suffocating wall around you, and recovery is breaking out of that prison, it's freedom. It's the butterfly emerging from the cocoon. So, examine your life in detail and identify *everything* that needs to be transformed. Then, set goals and create a timeline of steps that you will take to achieve those goals. Keep everything documented so that you can refer back to it, and make changes as needed. Once you purchase your journal, your first entry should be your list of goals and your timeline of steps. This may change over time, but this is 'Day One' of what hopefully will be a very uplifting and transformational experience in your life.

- 2) **List and research all recovery resources available** – Once you've set your goals, you will need to evaluate all resources and options that you have available to you. For some, this may be a very limited list, but for others it may be quite broad. The basic components in recovery are the physical detox and the long-term aftercare

plan. Please research any-and-all resources that could potentially aid you in any stage of the recovery process.

**Examples of resources:**

- Holistic or traditional treatment centers
- Aftercare centers
- Detox and recovery coaches
- Herbal products and sales reps
- Outpatient programs
- Sober living homes / halfway houses
- Counseling / psychotherapy
- Friends / family members
- Medical professionals
- Community outreach programs
- Support groups / meetings
- Churches
- Meditation / Yoga / Tai Chi classes
- Retreats
- Employment and education
- Resources for relocation

Evaluate all options, narrow it down to the final choices and make any reservations and/or arrangements that need to be made. Keep track of all of this in your journal and write down any appointments or scheduled dates on your calendar. Include all confirmation numbers and contact information. Highlight any important contacts or information in your journal so that it is easier to locate if needed.

**3) Research all supplements and design a protocol** – If you are planning to do a cold-turkey detox, then you will need to spend time researching all products that can be used to aid in the process. If you are unable to get into a treatment center and you have no choice but to detox at home, then you can use a variety of over-the-counter supplements that will help target and minimize the discomforts of withdrawals so that you can comfortably pass through the peak days of withdrawals. Please do not rely 100% on supplements, you will want to incorporate as many natural healing methods as possible. This can include salt baths, topical magnesium oil, essential oils, meditation, Tai Chi / Qi Gong, sun gazing, self-healing techniques, even positive affirmations and mantras. If you can integrate the medicinal properties of nature along with your own innate ability to heal, you will be able to get through the physical withdrawal period. It is recommended to speak with someone who has experience with these products so that you can make responsible decisions on how to approach this process. Please speak with a doctor before beginning any stage of detox. This is a medical process and needs to be approached with caution and preparation.

**Recommended herbal products:**

- Heantos 4
- [Quantum Herbal Assist](#)
- [Calm Support](#)
- [Elimidrol](#)
- [Neural Balance](#)
- Kratom
- Gui Pi Wan
- CBD
- Activated Charcoal

➤ Additional herbal supplements

Keep track of all products in your journal, including recommended dosages, contact information, cost, etc. Always order a 30-day supply of each product so that you have more than enough to detox with and some left over to use for maintenance. It is important to test every product before beginning detox. Please do not begin any stage of detox until you have spoken with your primary care physician or addiction specialist.

You can keep track of all products and dosages using a chart that looks something like this:

| Date | Time | Product | Dosage | Notes |
|------|------|---------|--------|-------|
|      |      |         |        |       |

You will want to alternate products so that you receive around-the-clock relief from symptoms. As a product wears off, you take the next product, and slowly work your way through the peak days of withdrawal. It's important to keep a log of when and what was taken because drowsiness and confusion may occur. It's recommended to have someone there with you to keep track of the supplements you are taking, as well as prepare meals, baths, and just generally look after you and keep you company. The week of detox should be all about self-love, nourishment, and rest. This is a time of healing and rebalancing. It isn't an easy process and it will take total commitment, but it can be done if you just stick with it and make all the necessary preparations.

**Journal Entry:**

Design a protocol for your peak days of withdrawals (and taper if applicable). Create a blank chart that you can either print and tape into your journal, or simply

draw it with a ruler and marker, so that you can keep a detailed log of all products taken, at what time, and how much. Make sure you have at least 6 pages set aside for this chart.

| Date | Time | Product | Dosage | Notes |
|------|------|---------|--------|-------|
|      |      |         |        |       |

Please write the following herbal recommendations in your journal:

- **Herbs for sleep** – Calm Support, Valerian, GABA, 5HTP, Melatonin, Passionflower, Kava Kava Root, Chamomile
- **Herbs for anxiety** – GABA, Kava Kava Root, Passionflower, Ginger, Chamomile, St. John’s Wart
- **Herbs for depression** – 5HTP, St. John’s Wart, Kava Kava Root
- **Herbs for restless leg** – Magnesium (also Magnesium Oil for topical use), Gotu Kola, Ashwaganda, Passionflower, Kava Kava Root, Epsom Salt (baths), Hyland’s Restless Leg (purchase at any pharmacy)
- **Herbs for stomach ailments** – Ginger, Cinnamon, Dandelion
- **Herbs for Energy** – Gui Pi Wan, Maca Root, Ginseng, Eleuthero, Ashwaganda, Green or Black Tea, Yerba Mate
- **Herbs for pain** – CBD, Wild Lettuce, Eleurtho, Curcumin, Ginger Turmeric, Holy Basil, White Willow Bark, Arnica (Arnica cream for topical use), Magnesium, cherries, cranberry juice
- **Herbs for hot flashes and night sweats** – Black Cohosh, Dong Quai
- **Natural remedies for chills** – hot water with lemon and honey, cranberry juice, rub warm washcloth all over body, take hot Epsom salt or sea salt bath
- **Herbs to boost immune system** – Echinacea, Garlic, Ganoderma
- **Vitamins recommended** – C, D, B Complex, B12 Sublingual

- **Balancing the body post detox** – Endocannabinoid System Activator, Gui Pi Wan
  - **Eliminating toxins** – Activated charcoal, Red Clover Blossoms, Senna tea
- 4) **Create a detox plan** – Once you have set your goals, selected all resources you will utilize, ordered your supplements, and designed a protocol, the next step will be making all preparations necessary for the week of detox. If you are doing a medical or Ibogaine detox, then you will need to make all travel arrangements and reservations.

The following is a list of preparations that will need to be made before beginning an at-home detox:

- Setting and location
- Testing all products
- Separating dosages
- Diet before and during detox
- Preparing the mind and body
- Intestinal cleanse
- Creating a support system

### **Journal Entry:**

In your journal write a detailed detox plan, including where you will be detoxing, what date you plan to begin, and who will be with you. You will need to test each product before you begin detox so that you know what to expect and what dosage works best for you. The best way to test a product is to wait until you're ready for your next drug dose (on days prior to detox, where you are still actively using) and prolong that next dose. Wait until discomforts start creeping up and take a dosage

of one of the supplements instead. *Only test one product at a time, so this might take several days if you have multiple products.* Remember, it'll take about an hour for the herbal product to kick in, so you may feel uncomfortable for a little while, and that's okay, just push yourself through it. Take a bath and relax. This is an important step in the process. After an hour or so, you will evaluate how you are feeling and if the discomforts were eliminated. You will want to keep a log of each product and the dosage that works well for you. You may also want to separate dosages of the different products and make any preparations necessary. For example, some people will use 5-10 grams of powdered Kratom each day during the peak days of an opiate detox. If you prefer to take this in capsule form, then you would want to prepare all capsules prior to beginning the detox so that you can easily grab your next dosage without having to take the time to fill and measure the capsules. Diet during and after detox will be a very important part of this process as well. A poor diet will hinder this process, so please be sure to eat a nutrient-rich, high fiber diet. It is important to drink a lot of water and to keep processed, sugary foods to a bare minimum. In your journal, make a list of all foods that you would like to have during your preparation and detox stage. Preparing the body and the mind are critical steps to take prior to detox. Another important preparation for the body is to ensure that you are using the bathroom regularly. Opiates will cause severe impacts, so please be sure to do intestinal cleanses and begin the process of eliminating toxins. Elimination is key to detox; the longer the toxins remain in the body, the longer the withdrawals will last. Taking regular Epsom salt or sea salt baths during detox will help to draw toxins from the body. Please use as many natural methods as possible so that you can get through these days as quickly and comfortably as possible. Preparing the mind is also an important step in the preparation stage. Once you have detoxed, you will need to be mentally prepared for coping with day-to-day life in a sober mind. In your journal, make lists of coping mechanisms that you will want to start utilizing. For

example, you may want to make lists of positive affirmations that you can recite during harder moments, or prayers / mantras. You may want to include titles of free YouTube videos such as guided meditations, Qi Gong instructional videos, motivational speakers, etc. You may also want to make lists of support groups that you can attend or reach out to, such as twelve step groups or SMART recovery groups. One of the main purposes of your recovery journal is to have an abundance of helpful information that you can turn to during difficult moments. For example, if you are having a stressful day and are feeling overwhelmed, you can find a quiet place to sit, light a candle, put on relaxing music, and flip through your journal, reading through lists of positive affirmations, prayers (if applicable), goals, recovery quotes, etc. Oftentimes, you can redirect that feeling of being overwhelmed, take several deep cleansing breaths, and continue on with your day. It will take some time to acclimate to this new way of coping with life, and eventually you may not need to refer to your journal, but in the beginning stages of recovery it can be incredibly helpful to have all of these positive reminders combined in one place. Finally, you will want to take some time to design a support network. The following is a list of examples of people who you may want to include in your support network:

- Family members
- Sober friends
- Local groups (meditation groups, church groups, etc)
- 12 step friends and sponsors
- Religious teachers or spiritual guides
- Physicians
- Counselors
- Social workers
- Recovery coaches / support specialists
- Online friends / support groups

- Pen pals
- Neighbors
- Co-workers
- Classmates
- Teachers / professionals

Once you have created a list of people that you would like to include in your support network, in your journal you will want to write down all of their contact information, including home phone, cell phone, email address, etc. It is recommended to reach out to everyone in your support network to let them know you are about to begin your recovery plan and that you have them listed in your support network. This will let them know that you may be reaching out to them for support in the days, weeks, or months ahead. The more people who are supporting you through this process, the better. This is a time in your life where you want to reach out and make healthy connections in the world around you.

- 5) **Create an aftercare plan** – Once the details of your detox plan are set in place, you will want to spend time making your aftercare plans. For some, this will include staying with friends, going into a residential or halfway house program, or it may mean continuing to stay where you currently live and incorporating recovery work into your new daily routine. Everyone's situation is unique, so you will need to design an aftercare plan that works best for *your* needs and situation. You will want all preparations made ahead of time so that as your week/s of detox come to an end, you will want to transition right into your aftercare plan, remaining in a safe, sober environment at all times.

Examples of aftercare plans are as follows:

- Inpatient programs
- Intensive outpatient recovery programs
- Halfway house / sober living environments
- Psychotherapy (in-person or online)
- Recovery groups / meetings
- Online recovery / support groups
- Spiritual / religious retreats
- Ibogaine therapy
- Ayahuasca or Kambo treatments
- Creating new daily habits
- Nutrition and fitness
- Religion and spirituality
- School or training programs
- Seeking employment / career change
- Staying with friends or family members
- Local groups and classes (meditation, Yoga, Tai Chi, churches, spiritual centers, etc.)
- Journaling
- Starting a hobby or sport
- Community service
- Creative endeavors
- Travel
- Relocation

When designing your aftercare plan, spend some time contemplating what an ‘ideal new life’ would look like to you, and take every necessary step to manifest that in your daily life. If this means spending thirty days in a treatment center so that you can regain balance and clear mindedness, then so be it. Utilize every

resource available to you and design the most transformational recovery plan that you can imagine!

### **Journal Entry**

Create a detailed aftercare plan that will outline the next chapter of your life. If you will be going into a treatment center then your aftercare plan may want to include all information regarding the treatment center, followed by where you will go once you are done with treatment, and what types of recovery work you will be incorporating into your daily life. Or, if you will be staying home for your aftercare plan, then design a detailed plan for each day. For example: start your day with a healthy breakfast and an herbal supplement / vitamin regimen, meditate for 15 minutes, do a 15-minute Qi Gong video, go to a 12-step meeting or log onto SMART online recovery groups, work / school / job search, recite positive affirmations 3x a day, go for an evening jog, write in your journal, bedtime meditation. Other than the cost of the vitamins and supplements in that example, that's a completely free recovery plan. If you could commit to that for thirty days, your life could very well transform. But, you *must* do the work, you *must* be 110% committed to doing **whatever it takes to stay clean**.

- 6) **Design a long-term maintenance protocol** – Whether you are doing a medical detox, Ibogaine detox, or cold-turkey detox, it is recommended to have a regimen of herbal supplements and vitamins for at least thirty days while you are re-balancing your unbalanced body. Chemical dependency causes a lot of lingering side effects that can be managed with natural products. Please do plenty of research on how to design an herbal and vitamin regimen to help re-balance the body and eliminate the discomforts of PAWS (Post-Acute Withdrawal Syndrome).

7) **Make all final preparations** – Now that you have come this far - you've ordered herbal products and designed protocols, you've set goals, created a timeline of steps, you've designed a detox and aftercare plan, created a support network, and have documented lots and lots of great positive information – it is finally time to make final preparations and move forward with this process. Final preparations may include the following:

- Confirm all appointments
- Thoroughly clean your home and space of *all* drugs, paraphernalia, and reminders of drug use
- Delete drug contacts from your phone, email, and social media
- If you will be going into a treatment center or somewhere other than home to detox, pack your bags and make all travel arrangements
- If you will be detoxing at home, go grocery shopping for at least a week and get your bedroom cleaned up and cozy for a week of resting and recuperating
- Make sure you have tied up as many loose ends as possible so that you can have as calm and quiet a week as possible

8) **Time to begin!** – Finally, the time has come to put all of this hard work to use and begin your detox and recovery plan! If you have any questions or need advice about designing a recovery plan, please send me an email at [Heantos.jen@gmail.com](mailto:Heantos.jen@gmail.com), I'd love to try to help!