



The Recovery Book: The Recovery Zone System

The Recovery Zone System is a road map for a life in recovery. It gives clear guidelines on when and how a person in recovery can address various areas of life—treatment, fellowship activities, relationships, education, career, finances, recreation, and health—now that he is striving to put his life back on track. It helps him to know when he is ready to move forward in each of those areas. And it helps him to see when he might need to move *back* for a bit, to avoid a relapse.

The Recovery Zone System divides life in recovery into three distinct Recovery Zones: Red, Yellow, and Green. It also includes the Recovery Zone ReCheck, a relapse prevention tool, and TAMERS, a device for helping your brain heal.

The Recovery Zones (pp. 17-18; chart, pp.22-23)

- **The Red Zone: Stop. Activate your recovery.** For the first eighteen months or more of recovery, focus first and foremost on saving your life. Nothing else is as important.
- **The Yellow Zone: Proceed with caution. Build your life.** Once you have a solid eighteen months or more of sobriety, you'll move into the Yellow Zone, where you can put your energy into building the life you deserve and making your existence more fulfilling.
- **The Green Zone: Go. Celebrate your life.** After you have a few solid years of sobriety and have rebuilt your life, you'll move into the Green Zone. Then it's time to celebrate your life, do what you can to live a long and healthy life, and help others find recovery.

The Recovery Zone ReCheck (pp. 18-21)

The Recovery Zone ReCheck is an easy-to-use relapse prevention tool. It only asks you to take a focused inventory once a month or so, answer some basic questions, and then take action based on your answers.

Your Brain in Recovery: TAMERS (pp. 11-13)

TAMERS is a simple device that helps people in recovery remember what they need to do—every day—to use the power of neuroplasticity to heal their brains.

- **T**hink about recovery, **T**alk about recovery
- **A**ct on recovery, connect with others
- **M**editate and **M**inimize stress
- **E**xercise and **E**at well
- **R**elax
- **S**leep