# The Recovery Zone System

**plus:**
*Chapter 1. Welcome to Recovery  
Chapter 2. Your Recovery Plan*

*Chapter 26. For Family and Friends*

## RED ZONE

**FOCUS**
Stop. Activate your recovery.
Stop everything you are doing and save your life. Focus entirely on survival and your recovery.

**TIMELINE**
First commitment to 1.5–3 years in recovery.

**ARE YOU READY?**
- Do you have an honest and ongoing desire to stop drinking or using drugs?
- Are you ready to focus exclusively on recovery?
- Are you ready to save your life?

| RECOVERY TREATMENT | Start professional treatment, if needed, with:  
- Detox  
- Inpatient or outpatient treatment  
- Guidance to address issues such as trauma |
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<tbody>
<tr>
<td><strong>MUTUAL-SUPPORT FELLOWSHIP</strong></td>
<td>Start intensive participation in mutual-support activities. Complete steps 1–3 (decision steps) and 4–9 (action steps).</td>
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<tr>
<td><strong>SPIRITUALITY</strong></td>
<td>Your brain is too foggy for much spiritual growth. Focus on acceptance, preparation.</td>
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<tr>
<td><strong>LIVING SOBER AND PREVENTING RELAPSE</strong></td>
<td>Learn about cues and triggers that can lead to relapse. Develop a plan to deal with cravings. Your living environment is structured enough to keep your focus on recovery.</td>
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<tr>
<td><strong>LIFE PLAN</strong></td>
<td>Put relationships on hold and work on yourself. Lay the groundwork for later repairs.</td>
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<td><strong>RECREATION AND SOBER SOCIALIZING</strong></td>
<td>Recreation and socializing are low priorities. Learn how to socialize sober.</td>
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<tr>
<td><strong>EDUCATION, CAREER, FINANCES</strong></td>
<td>Put education, career, and finances on hold as much as possible. Learn to handle work stress.</td>
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<tr>
<td><strong>PHYSICAL HEALTH</strong></td>
<td>Focus on survival. Take care of immediate needs. Learn about the risks of drugs in health care.</td>
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<td><strong>DIET</strong></td>
<td>Eat to avoid relapse and relieve cravings.</td>
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<td><strong>EXERCISE</strong></td>
<td>Do some exercise, but be sure it is not goal-oriented or isolating.</td>
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<tr>
<td><strong>MENTAL HEALTH</strong></td>
<td>Symptoms may be due to addiction. Unless they are life-threatening, usually the best approach is to continue your focus on recovery.</td>
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### YELLOW ZONE

**Proceed with caution. Build your life.**
Maintain your foundation of sobriety and strong recovery. Build your new life.

**[Chapters 16-20]**

- 1.5–3 years in recovery to 4–6 years.

- Do you have a strong and stable recovery? Has the fog lifted?
- Have you completed initial treatment? Do you have a relapse prevention plan?
- Are you still involved in a recovery fellowship? Have you completed steps 1–9? Are you ready to start steps 10–12?
- Have you seen the promises of the Big Book come true?
- Are you ready to rebuild your life? [16]

- Professional treatment, if any, should focus on growth in relationships, career, and emotions, and healthy living practices. [16-17]

- Continue mutual-support activities. If you want to cut back, talk to your sponsor. Welcome leadership and service opportunities. Start steps 10–12 (maintenance). [16-17]

- Develop and practice spiritual attitudes and activities. [16-17]

- Continue to be watchful of cues and triggers. Review your plan for cravings often. Do Recovery Zone ReChecks regularly. Your living environment is supportive of your personal goals. [16-17]

- Rebuild or start new relationships with your partner, family, friends, and others. [18]

- Explore recreational and social activities. [18]

- Build or rebuild your education, career, and finances. [19]

- Stabilize your health. Find a primary care provider and address neglected issues. Avoid all mood-altering medications. [20]

- Learn about nutrition and improve your diet. [20]

- Find forms of exercise you enjoy. [20]

- Focus on quality of life issues. [20]

### GREEN ZONE

**Go. Celebrate your life.**
Live a long, healthy, sober life. Help others find recovery.

**[Chapters 21-25]**

- 4–6 years to the end of your life.

- Do you have a strong and stable recovery, and a fulfilled and content life?
- Are you still involved in a recovery fellowship? Have you completed steps 1–12?
- Have you rebuilt your life (relationships, recreation, education, career, finances)?
- Have you restored your health?
- Are you ready to help others find recovery? [21]

- Maintain a relationship with a professional for help as needed. [21-22]

- With your sponsor, find your best level of participation. Continue to practice step 12. Make sponsoring, service, and leadership priorities. [21-22]

- Be available to guide others. [21-22]

- Continue to be watchful of cues and triggers. Review your plan to deal with cravings often. Do Recovery Zone ReChecks regularly. You are strong enough to live wherever you want. [21-22]

- Relationships should be healed, content, and growing. Address and prevent addiction in your extended family. [21, 22, 23]

- Participate regularly in recreational and social activities. [21-22]

- Career and finances should be stable. [21-22]

- Achieve your best health. Focus on preventive care. Avoid all mood-altering medications. [24-25]

- Establish good dietary habits. [24]

- Set and meet exercise goals. [24]

- Focus on quality of life issues. [24]