

Phase 2 Agreement

Congratulations on your sobriety!

Welcome to the who, what, when, where, why and how phase.

It's focused on WHO.

Are you an addict?

It's focused on WHAT.

What is really going on here?

What happened?

It's focused on WHEN.

When did this path really begin?

When will it end?

It's focused on WHERE.

Where are you in your life?

Where are you going with it?

It's focused on WHY.

Why did you self medicate?

Why was that behavior acceptable to you?

Why did you think that you deserved that lifestyle?

It's focused on HOW.

How are you going to change things?

In phase 2 YOU begin to take responsibility for things that YOU did.

Hopefully, in your process of taking responsibility for your life, you will realize that YOU have the power to change it. Hopefully in this 2nd phase you will realize that YOU have to take charge of your recovery process... that we can only work as hard as you are willing to work and that WHEN you go home depends on it.

There are a few ways that you can get busted back into phase 1:

- Relapse
- Break house rules
- Refuse to work hard on yourself
- Find and use shortcuts

No-one graduates without reaching Phase 3 so you are getting to your halfway point. The good news is that during your phase 2, you can go home for a week. You can add someone to your call list that is in support of your sobriety.

Phase 2 Agreement

So here is the Phase 2 agreement...

1. You agree to be brutally honest with yourself now.
2. You will use the help that is being provided to you.
3. You will learn the tools to deal with life on life's terms and USE them.
4. You stop holding back, playing small, and cutting corners. Do the work.
5. You stay Sober.

As all Phases, Phase 2 has certain responsibilities and privileges. Below is a chart of what you can expect in Phase 2.

Resident and Family Privileges (Some are the same in other phases)	Completed?	Phase 1 Privileges	List of responsibilities	Comple ted?
<ul style="list-style-type: none"> • Sunday calls • Week at home • Holiday Break- 24+ hour pass available • Birthday Visits- immediate family only at Sober Home • Overnight visit- 1 24 hour pass available • Lunch Visits-1 during phase • Relatives in town for visits- Day Pass available 		Add 1 friend to contact list.	Phase 1 and 2 NA homework completed.	
		Begin Passion project in community	Support staff figuring out school requirements	
		Day passes.	Complete CHC contract for week home	
		Overnight Passes.	Pyramid life planning complete	
		Family sessions.	Full participation in family sessions.	
		1 week home.		

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Special Agreements

This section is reserved for you and staff, your parents, or your therapist to create some specific agreements with regards to your Phase 1 program.

This is not the hardest part of the work. The hardest part is going home and living the changes you have made. This part is the part where you actually learn how to deal with what hurts. It's not easy, but if we don't fix this part, the other stuff..drugs, anger, running away, school, arguing with your family...will never get fixed.

If the house is falling down because the basement is cracked and leaking, no amount of paint will fix the problem.

I agree to this Phase contract and will do my work to the best of my ability. I agree to discuss my abilities anytime staff feels I am not giving my best.

Resident Signature _____ Date _____