

Support Matrix Chart



Support Matrix	Strengths	Weaknesses	Opportunities	Hurdles
Design a framework response to:	What are the strengths in my life that could support my recovery?	What are the weaknesses in my life that hinder my recovery?	What are the opportunities here to develop my recovery plan?	What are the hurdles here to the implementation of my recovery plan?
your work life				
your life with friends				
your life with your family				
your school life				
your group				
your physician				
your sponsor				
other				