



East Coast Recovery Services

1155 Penn Avenue, Wyomissing, PA 19610 USA

Phone: 610-621-5223 Fax: 610-621-2570

info@eastcoastrecovery.net

www.eastcoastrecovery.net

Is a Recovery Coach right for you?

Use this Recovery Coach Checklist to help you decide if an East Coast Recovery Services Coach could improve your chances of achieving your life goals while enhancing the quality of your recovery.

Place a checkmark in the boxes to answer "yes".

- Is there is an area in my life that I wish to change?
- I know how to use a program of recovery and want all the support I can get.
- I am active in more than one type of 12-Step program.
- I want to know more about spirituality but am afraid of religion.
- I struggle with maintaining balance in my life and in my recovery efforts.
- I have a sponsor and am doing everything I can, but still feel I need more help.
- I have done therapy but still need something more to give me feedback in my day-to-day living.
- I don't understand how to practice recovery principles at work.
- Even though I am in recovery I still have health issues.
- I have problems prioritizing my life and recognizing where I need feedback and when.
- I keep trying to do the right thing for everybody else yet I feel unfulfilled.
- I don't need someone to tell me how to live my life but I could use some feedback in achieving my life goals.
- I have started a program of recovery that does not include 12-Step support.
- I have short-term goals that I want to achieve.
- I have long-term goals that I want to achieve.
- I have career goals I want to achieve.
- I am committed to change.

If you decide that an ECRS Recovery Coach is right for you, will you agree to the following suggestions?

Place a checkmark in the boxes to answer "yes".

- Attend all scheduled meetings on time.
- Always telephone at agreed upon times.
- Always be prepared for the coaching call.
- Check what you have achieved against your tasks.
- List what is still outstanding with your explanation and email 24 hours prior to coaching session.
- Consider what actions may be necessary prior to the session.
- Be honest at all times. Never lie about what you have not achieved or completed, as it serves no purpose to either of us.
- Agree that the Recovery Coach can challenge you if he or she believes that you are deceiving yourself or being inconsistent.
- Be willing and open-minded about trying new methods that the Recovery Coach may suggest.
- Accept and willingly work on direct, honest feedback received.
- Work in partnership with the Recovery Coach at all times.
- Be prepared to step outside your comfort zone and into an achievement zone with my Recovery Coach's support.