

Sobriety Contract

This **Sobriety Contract** ("**Contract**") is entered into on _____ ("**Effective Date**") by and between the following parties:

Support Person

Participant

The Participant and the Support Person may be referred to individually as a "**Party**" and collectively as the "**Parties**."

1. Purpose

The purpose of this Contract is to establish a written commitment by the Participant to maintain sobriety and to define the role of the Support Person in providing encouragement and accountability. This Contract is intended to promote personal responsibility, clear communication, and mutual understanding throughout the recovery process.

This Contract is a voluntary agreement between the Parties. It does not replace professional medical care, counseling, rehabilitation services, or legal obligations.

2. Term

This Contract becomes effective on the Effective Date and remains in effect until _____ unless terminated earlier in accordance with the Termination clause.

The Parties may extend the Contract by written agreement signed by both Parties.

3. Participant Commitments

The Participant agrees to:

- Refrain from consuming alcohol and any unauthorized controlled substances during the term of this Contract.
- Take prescribed medications only as directed by a licensed healthcare provider.
- Attend recovery meetings, counseling sessions, treatment programs, or other agreed support activities as described in this Contract.
- Maintain honest communication regarding recovery progress, setbacks, or concerns.
- Notify the Support Person promptly if a relapse occurs or if the Participant believes relapse is likely.
- Follow any additional recovery commitments agreed upon by the Parties.

4. Recovery Activities

The Participant agrees to complete the following recovery activities:

Activity	Frequency	Provider or Location

5. Support Person Responsibilities

The Support Person agrees to:

- Encourage the Participant in maintaining recovery goals.
- Communicate respectfully and honestly.
- Offer support without harassment, intimidation, or coercion.
- Respect the Participant's dignity and privacy except where disclosure is reasonably necessary to protect health or safety or where disclosure is required by law.
- Participate in scheduled check-ins when reasonably available.

The Support Person is not responsible for guaranteeing the Participant's sobriety or supervising the Participant at all times.

6. Check-In Schedule

The Parties agree to conduct recovery check-ins as follows:

Type of Check-In	Frequency	Method

Each check-in may include discussion of:

- Recovery progress
- Challenges encountered
- Goals for the next period
- Any additional support requested

7. Substance Testing

If the Parties agree to substance testing, the following terms apply:

- Testing may be conducted by _____ at the following frequency:
_____.
- The Participant agrees to cooperate with testing that has been voluntarily accepted under this Contract.
- Testing records, if any, shall be handled confidentially in accordance with applicable privacy laws and any written consent provided by the Participant.

8. Relapse Response

If the Participant experiences a relapse, the Parties agree to respond in a constructive and recovery-focused manner.

The Participant agrees to:

- Inform the Support Person as soon as reasonably possible.
- Participate in a discussion regarding recovery needs.
- Resume recovery efforts promptly.
- Seek professional assistance when appropriate.
- Unless otherwise required by law or a separate agreement, a relapse does not automatically terminate this Contract.

9. Recovery Goals

The Parties establish the following recovery goals:

10. Incentives

The Parties may agree upon positive incentives for achieving recovery milestones

Milestones	Incentives

Any incentive described in this Contract is voluntary and does not create a legal obligation beyond the terms expressly stated herein.

11. Confidentiality

The Parties may agree upon positive incentives for achieving recovery milestones

Any incentive described in this Contract is voluntary and does not create a legal obligation beyond the terms expressly stated herein.

12. Professional Care

Nothing in this Contract shall be interpreted as creating a medical, counseling, or therapeutic relationship between the Parties.

The Participant is encouraged to seek qualified healthcare, counseling, or addiction treatment services whenever appropriate.

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Nothing in this Contract shall be interpreted as creating a medical, counseling, or therapeutic relationship between the Parties.

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13. Modification

This Contract may be modified only through a written agreement signed by both Parties.

14. Termination

Either Party may terminate this Contract by providing written notice to the other Party.

Termination does not affect obligations relating to confidentiality or any responsibilities that are expressly intended to survive termination.

15. Governing Law

This Contract shall be governed by the laws of _____, without regard to conflict of law rules.

16. Entire Agreement

This Contract represents the entire agreement between the Parties regarding the subject matter addressed herein and supersedes any prior verbal or written understandings relating to the same subject.

17. Acknowledgment

By signing this Contract, each Party acknowledges that:

- They have read and understood this Contract.
- They enter into this Contract voluntarily.
- They understand that recovery is an ongoing personal process and that this Contract is intended to support, rather than guarantee, successful sobriety.

Signatures

Support Person

Name

Date

Signature

Participant

Name

Date

Signature



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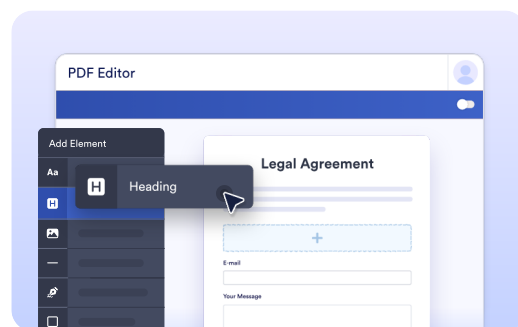
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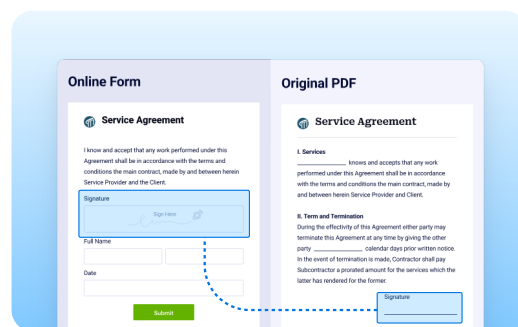
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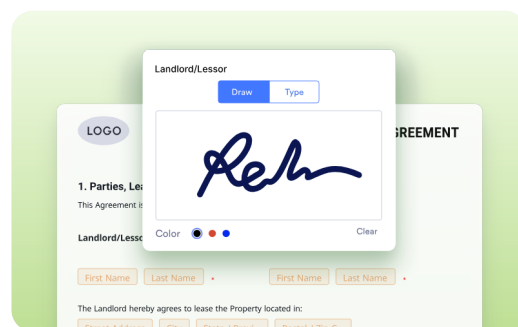
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