



The Behavior Lists and Self-Care Plan Workshop

Saturdays at 11am ET/ 10am CT
Starting April 4, 2026
12 weeks

To register join this WhatsApp group
<https://chat.whatsapp.com/CYvXBNboYla3JiKJKImKoL>



Experienced OSPA members will guide participants in the creation of their Behavior Lists and Self-Care Plans. Participants will need to commit to attending all 12 weeks- it will not be recorded. Bring a notebook, pen and pencil. All are welcome!

The Behavior Lists

We work with a sponsor to identify our behaviors into three lists—Qualifying Behaviors, Dangerous Behaviors and Recovery Behaviors. When we define our abstinence, we gain awareness of what we are doing and where we are in our recovery.

Self-Care Plan

With the help of a sponsor and medical professionals, we let go of the need to manage or control our physical care. When we establish a plan of self-care, we get out of the obsession and on with our life.