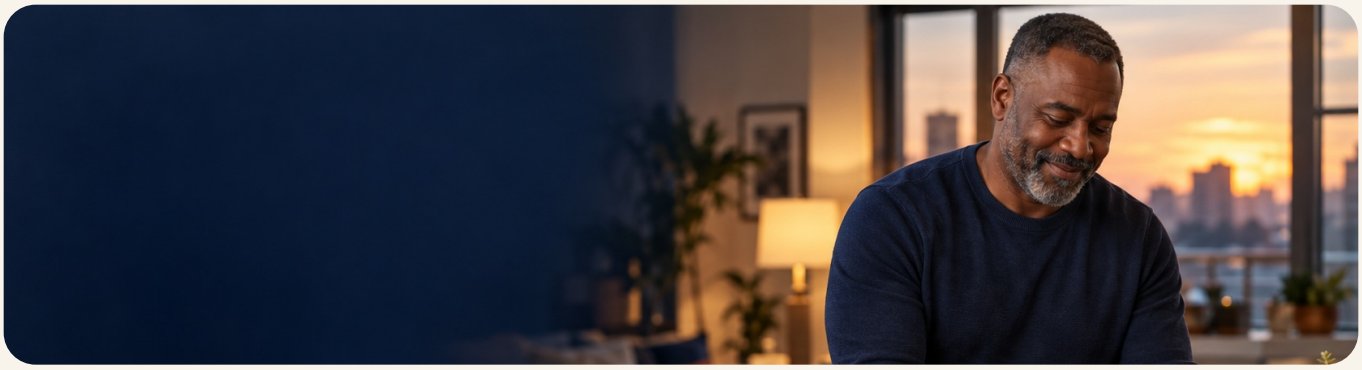
Recovery Has to Survive Tuesday



A practical group toolkit

For the life that happens between appointments. Belle Morey / Progress is Progress LLC. www.progresscounselingprograms.com

What you have

Twelve adult educational sessions in two volumes. Each includes a 12-page facilitator guide, eight participant pages and 12 editable slides with speaker notes. Core totals: 144 facilitator pages, 96 participant pages and 144 slides. This six-page orientation is additional.

Who it fits

Adults 18+ in suitable recovery education or support settings, led by a facilitator with group skills and competence appropriate to their role. The planned group size is approximately 4-10 people.

Progress is progress

A useful step can count while life remains unfinished. The activities make room for practical needs, accountability, personal choice and asking for support. Mile or a Millimeter.

Edition status

Polished author-review pilot. Use the preparation and review process in each guide. This resource is educational and does not replace individual care or existing treatment plans.

Volume 1 / Everyday pressure

01 / A Hard Day Didn’t Erase Everything

Facts, impact and a next-line rewrite. Practice a request to reconnect.

02 / When Tuesday Gets Expensive

Check what is known, verify a consequence and draft one practical request.

03 / They Still Don’t Trust Me

Sort actions, requests and another person’s decisions. Draft a specific repair.

04 / The Hours Nobody Plans For

Compare options for company, interest or rest. Map one ordinary hour.

05 / The Yes That Costs You

Check what a yes would displace. Rehearse a pause, smaller offer or decline.

06 / The Week You Actually Have

Sketch an actual week. Rehearse one change and a way back to the plan.

Volume 2 / A life beyond getting through

07 / When the Urge Shows Up

Use low-detail fiction to practice an appropriate support request and fallback.

08 / Anger Needs Somewhere to Go

Notice a signal, choose a safe pause and keep the real issue in the request.

09 / Lonely Doesn’t Mean Go Back

Name the connection that is missing. Draft an invitation or map options.

10 / Grief Comes Along, Too

Choose practical care and a request that does not require a loss story.

11 / Who Am I Outside of Survival?

Plan a safe, accessible experiment with an interest or ordinary quality.

12 / A Life Worth Coming Back To

Choose an ordinary priority, its needed resources and a changed-day response.

Prepare for the actual group

Choose the route

Use the full sequence, one volume or a relevant session. Sessions 6 and 12 offer integration points. Prior attendance is not required. For a standalone session, explain its purpose, participation choices and local support before the timed hour.

Read the guide and notes

The slides cue the work; the guide contains the instructions and limits. Check page references, the fictional case and the practice option. Prepare pens, a clock, a display if using slides and the selected participant pages.

Prepare the setting

Confirm privacy limits, safeguarding and reporting arrangements, emergency procedures, private support and actual continuing services. Explain these in ordinary language. A group agreement cannot guarantee confidentiality.

Support access

Offer read-aloud prompts, private writing, symbols, drawing, a scribe with consent or extra processing time. No phone, app, purchase, outdoor activity or physical performance is required. Ask what helps; do not assign a diagnosis or demand disclosure.

Larger or virtual groups

For more than ten, protect working time with individual work and voluntary pairs rather than a full sharing round. Assess staffing and support capacity. For virtual delivery use the setting’s approved privacy, location, disconnection and emergency arrangements. Never display completed private pages. These adaptations need local testing.

Keep the hour usable

00-05 / Welcome

Offer a brief check-in or pass and participant page 1. New-member orientation happens before the hour.

05-13 / Fictional situation

Read participant page 2 and invite observations. Use the case throughout; personal histories are optional.

13-23 / Teaching and model

Use slides 5-6 and the guide’s completed example. Sessions 3-6 introduce a sorting activity, menu or map here. Follow the session-specific page instructions.

23-38 / Individual work

Use the guide’s assigned working pages. Most sessions use pages 3-5 for about five minutes each. Sessions 3-5 use pages 4-5; Session 6 uses pages 3-4. Do not require every prompt to be completed.

38-50 / One practice option

Choose pair practice, solo writing or page 7’s creative alternative. The alternative replaces practice. Pair timing: two minutes setup, three minutes each role, two minutes revision, two minutes reflection.

50-60 / Next step and close

Use seven minutes to revisit the plan: page 5 in most sessions, page 6 in Session 6. Finish with three minutes for a voluntary takeaway or pass, optional page 8 and actual support arrangements. If urgent needs arise, care takes priority over the clock.

Print, adapt and prepare support

Printing

PDFs are US Letter, 8.5 x 11 inches, for handwriting. They are not fillable forms or tri-fold pamphlets. Print at actual size and test a page. Grayscale or long-edge duplex printing can reduce costs. Reuse facilitator copies.

Select the pages you need

A full participant packet is eight pages. Choose page 6 or page 7 for practice; page 8 is optional follow-up. Explain skipped pages. Keep enough writing space rather than reducing multiple pages onto one sheet.

Slides and editable files

Decks are 16:9 with editable text and notes. Another app can change fonts, wrapping, grouping or notes. Check on the actual display and compare adapted exports with the originals. Native PowerPoint compatibility has not been tested.

Private support before delivery

Record the actual response lead, private support route, hours, access method and an alternate route in the setting’s secure staff records. Verify availability before each session. Do not collect participant diagnoses or personal contact lists as a product exercise.

U.S. urgent support

For an immediate medical emergency or immediate danger, call 911. For suicidal crisis or emotional distress, call or text 988. Follow the setting’s response procedures. These pages are not crisis assessment, withdrawal management, overdose care or a suicide safety plan.

Review and improve

Ask about clarity, timing, access and usefulness without collecting identifiable health histories. Record revisions. Sources appear in guide pages, slide notes and owner files. AI imagery depicts fictional people. © 2026 Progress is Progress LLC.