A hard day did not erase everything

SESSION 01 / ADULT PARTICIPANT PAGES
Recovery Has to Survive Tuesday

Choose an ordinary setback, use Alex's example, or listen. You can pass, keep answers private, or ask for support. These pages are for handwriting. You do not have to explain your most painful experience.

01 One word for how I am arriving, or pass

02 What I would like help making clearer today

03 A way of participating that works for me

Alex's Tuesday: a completed example

Fictional example. Alex's bus was canceled. Alex arrived late to work, received a warning, and missed a planned support call. Alex starts thinking: I always ruin everything. Why bother? No immediate emergency is present in this example.

The facts

The bus was canceled. I was late and missed the call.

The story my mind added

I always ruin everything. Nobody will help me.

Impact needing attention

The work warning and missed support need a practical response.

Next action

At lunch tomorrow, I will ask the support person about another time.

If that does not work

I will ask about the next opening and another support option.

What happened? What did your mind add?

Use one event. You can work with Alex rather than your own life. A feeling deserves attention even when a harsh label does not describe the whole situation.

01 What happened, using only what I know

02 The label or prediction my mind added

03 What I do not know yet

04 A more complete description that keeps the facts

What needs attention now?

Progress can coexist with an impact that needs repair or support. For immediate danger or a medical emergency, pause the worksheet and seek appropriate help.

01 An impact or responsibility that needs attention

02 Is there an immediate safety, medical, or dependent-care need? Who can help?

03 A practical need: transport, food, time, access, money, or something else

04 Something I can address later instead of deciding it all today

One useful next step

Choose an action within reach. Asking for help counts as an action. A lack of resources is a planning problem to name.

01 What I will do or ask, and when

02 Support I need, and whether that person or service is available

03 Words I can use to make the request

04 If the first option is unavailable, my next option

Words I can actually use

Write alone or practice with a willing partner. Ask before offering advice. You can use Alex's missed-call example.

01 I missed / did / noticed...

02 What needs attention now is...

03 The help I am asking for is...

04 If they cannot help, I can say...

The next line

Optional creative page. Use your own words or draw. No rhyme, performance, or positive ending is required. Example: I missed the call. I am done. A more complete line: I missed the call. I can ask for another time.

01 The harsh line, or use: I messed up, so why try?

02 My more complete next line, or a sketch

03 One action connected to that next line

What happened when I tried?

Optional check-in before the next session. If you did not try the action, notice the barrier. You can revise the plan.

U.S. medical emergency or immediate danger: 911. Suicidal crisis or emotional distress: call or text 988. Ask your facilitator about local support. These pages are education, not treatment or emergency care.

01 What I tried, asked, or arranged

02 What happened, including something I did not expect

03 What support was missing, or what made the step difficult

04 The next small adjustment I want to make