The Hours Nobody Plans For

Session 04 / Adults 18+ / Recovery Has to Survive Tuesday
Use Lee, a safe personal example, or pass. Writing does not require sharing, sending a message, or doing an activity.

01 Today I choose: fiction / my situation / listening / a pass.

02 My energy today, in words, a mark or a drawing:

03 What would help this hour work for me?

Lee’s evening

It is Tuesday, 7:00 p.m. Lee finished a long shift, ate something, and has ninety minutes before getting ready for bed. The apartment feels quiet. Scrolling is getting old. Someone connected to Lee’s past substance use texts, You around? Lee wants company and something to look forward to. Lee also feels tired. There is no immediate emergency in this fictional example.

One possible need

Company and rest may both matter. Lee does not have to answer the old acquaintance.

A first version

At 7:10, ask a trusted person about a ten-minute call at 7:30. While waiting, choose music or a few pages of a familiar book.

If it does not fit

Choose a quiet break, shorten the activity, or use an existing recovery support plan if needed. No response or mood change is guaranteed.

What might fit?

Use this menu as a starting point. Adapt, replace, or reject options. Rest counts. No purchases, phone, outdoor access, or physical activity are required.

Connection

Ask about a brief call or conversation. Draft an unsent message. Ask a suitable worker about local options if no safe contact is available.

Interest or a change

A song, a few pages, a sketch, a puzzle, making something, or a change of room. Choose something already available.

Rest or movement

A quiet break or a comfortable position. Optional accessible stretching or a walk if suitable and safe.

01 Circle or write one option that could fit low energy. What would you change?

02 What option would address a different need? What access or support would it require?

One stretch of time

You can use Lee’s evening. Choose an ordinary period, not your whole future. A full calendar is not required.

01 When does this stretch usually happen? What is happening around me?

02 What might I need: company, rest, interest, practical help, or something else?

03 What could get in the way: energy, cost, access, caregiving, safety, or something else?

A plan that fits today

Choose a first version. It can be small or restful. Keep an unresolved need visible. Seek appropriate support when an activity is not enough.

01 My first step and when I could try it:

02 What will make it usable with my actual energy, access and responsibilities?

03 If it does not fit or I need more support, my fallback or support option is:

Rehearse the first step

Choose a willing partner or work privately. Practice a short request or describe the setup for your option. You do not have to make contact or demonstrate movement.

01 My words or first setup step:

02 One obstacle my listener or I noticed:

03 My revised smaller or more accessible version:

My ordinary hour

Alternative to pair practice. Write, sketch, or map one stretch of time. Include a small choice, room for a pause, and an option if plans change.

01 My rough map, sketch, or sequence:

02 What would fit on a low-energy day? What help might I still need?

What I learned

Optional follow-up. An activity can help a little, need adjusting, or not fit. If urges or distress become harder to manage, use your existing support plan or seek appropriate help rather than waiting for the next group.

Progress is progress

A useful choice can be ordinary, restful, shared, or unfinished.
www.progresscounselingprograms.com

01 What did I try or consider? What fit, and what did not?

02 What might I change? What support or practical need remains?