When the Urge Shows Up

Session 07 / Adults 18+ / Recovery Has to Survive Tuesday
Use the fictional example, your own safe situation, or pass. Keep pages private.

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

02 What would make this topic more manageable today?

03 One thing that would help me practice asking for support:

Rowan’s difficult afternoon

After an upsetting phone call, Rowan notices an urge to use. Rowan thinks, I should be able to handle this myself. A planned support contact is not due until tomorrow. Rowan has an existing recovery support plan but has not looked at it today. No medical emergency is described in this fictional example.

Notice

An urge is here, after a difficult call. Rowan can describe it without deciding it means failure.

Next action

Open the existing support plan and use its contact option. Ask for support now rather than waiting for tomorrow’s scheduled contact.

Fallback

Use an alternate appropriate support route if unavailable. No fixed wait or guaranteed response. Seek urgent help if safety or medical needs arise.

The moment and the message

Use Rowan. Keep detail low; you do not need to list personal triggers.

01 What does Rowan notice, in plain words?

02 What judgment is Rowan adding? What could be a more accurate description?

03 What information or support is needed before choosing the next action?

My options, without a test

Use fiction or a safe general plan. Stop and seek appropriate support if writing increases distress.

01 An existing plan or appropriate support route I could consult:

02 An action or setting that could fit while I arrange support:

03 What would tell me the worksheet is not enough and I need help?

A request with a fallback

Keep personal contacts private. Check actual availability with appropriate support.

01 My exact request for help:

02 Who or what is the appropriate first route? What access do I need?

03 If unavailable, my next support route is:

Practice asking sooner

Use a willing partner or write privately. The listener practices clarity, not crisis assessment.

01 My short support request:

02 The listener can say: I may not be available. What other route could you use?

03 My revised request or fallback:

The next-action card

Alternative to pair practice. Write or draw a private reference card. No names or numbers are required in the group.

01 What I could notice / one next action / a support route / a fallback:

02 Where could I keep this privately? What needs checking first?

What I learned

Optional follow-up. Keep this page; returning it is not required. Seek appropriate support when an activity is not enough. Existing care plans remain in place.

Progress is progress

Asking for support earlier can count even while the urge or problem is still present.

U.S. support

For an immediate medical or safety emergency, call 911. For suicidal crisis or emotional distress, call or text 988. Verify local support options with the facilitator.
www.progresscounselingprograms.com

01 What did I try, practice or learn?

02 What still needs help or adjusting? What is one next useful step?