Lonely Doesn’t Mean Go Back

Session 09 / 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 kind of company I might want to understand better:

Ari’s quiet Sunday

Ari misses having somewhere to go on Sunday. An old group sends an invitation, but the plans include substance use Ari wants to avoid. Ari thinks, If I turn this down, I have nobody. A former coworker has been friendly, and a local community activity might be an option, but Ari has not checked its schedule or access.

What is missing

Company and being expected somewhere. The old setting is not the only possible route.

A possible request

Would you like to talk for twenty minutes Tuesday after work? The other person can decline.

A fallback

Check an appropriate local option with attention to cost, access, privacy and fit. A no or no response does not settle Ari’s future.

What is missing?

Use Ari, a safe general example or a few symbols. You do not need to name anyone.

01 What do I miss: conversation, shared activity, familiarity, practical company, or something else?

02 What parts of an old situation do not fit my current goals or safety?

03 What would a small amount of the connection I need look like?

A connection at the right distance

A person, community activity or appropriate support service can be an option to check. No disclosure or contact is required.

01 One possible route, without identifying details:

02 What should I check: safety, cost, transport, privacy, schedule, accessibility or fit?

03 What could I ask if I do not have a safe person or an available option?

An invitation with room for an answer

Write a specific request and allow a no. Keep private contact information off shared pages.

01 My invitation or inquiry, in exact words:

02 When and how could I try it, with what access or support?

03 If the answer is no or there is no response, my fallback is:

Practice the invitation

Work with a willing partner or write privately. No exchange of personal contacts.

01 My first invitation or inquiry:

02 The listener may say: That time does not fit. What could I say without pressure?

03 My revised version and fallback:

My connection map

Creative alternative. Write or draw people, places or options at different distances. Fiction is welcome.

01 Near / possible / needs checking: my rough map or sketch:

02 One small route I could check, and one limit or access need that matters:

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

One honest invitation or one question about a community option can matter before a new friendship exists.

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?