WORDS YOU CAN BORROW

You can miss it. You can still choose change.

Try this with someone safe:

“I miss parts of my old life. I don’t want everything that came with it. Can we talk about what I need now?”

You can ask for company without explaining every detail. Choose someone who can listen without pushing you back toward using.

Someone I can talk to:

What I want them to understand:

One kind of support I could ask for:

You do not have to turn every hard feeling into a lesson today.

PROGRESS IS PROGRESS

No forced bright side.

A change can matter to you and still come with loss. Progress does not require you to pretend this is easy.

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Mile or a Millimeter

www.progresscounselingprograms.com

US SUPPORT

Medical emergency or suspected overdose: call 911.

Emotional distress or suicidal crisis: call or text 988.

Find substance use and mental health treatment: FindTreatment.gov

General adult education. Not medical care or a substitute for individualized treatment. This guide is not an emergency service.

SOURCES / FURTHER READING

SAMHSA / About Recovery

NIMH / Depression

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RECOVERY IN REAL LIFE / 02

The quiet grief of getting better.

You can miss parts of the old life and still want something different.



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01 / NAME WHAT CHANGED

You lost more than a habit.

Maybe you miss the group text, the after-work ritual, the feeling of an off switch, or knowing what the night would look like.

TWO THINGS CAN BE TRUE

You can miss the company and remember the cost. You can want change and feel unsure about the space it leaves.

LOOK UNDERNEATH

Was it belonging? Relief? Excitement? A break from responsibility? Naming the need gives you something specific to work with.

One part I miss:

One cost I do not want back:

WHEN TO REACH FOR MORE HELP

If sadness, numbness, or loss of interest persists, worsens, or gets in the way of daily life, talk with a health care professional. You do not have to wait for it to become unbearable.

02 / LOOK FOR ANOTHER WAY

Keep the need. Change the route.

A different activity may not feel the same. The point is to test what fits your life now.

A REAL-LIFE EXAMPLE

“I miss having people to sit with after work.”

THE NEED

Company. A break. Somewhere to belong.

ONE DIFFERENT ROUTE

Ask someone safe to sit outside together, join a peer group, or try a free community activity. Access, energy, and safety matter.

What I actually need:

One different way I could try:

You do not need to rebuild your whole life this week.

03 / BUILD ONE SMALL THING

Try it. Notice. Adjust.

Choose something small enough for the time, money, energy, and support you have today.

IDEAS TO START WITH

One song. A simple meal. A few minutes outdoors. A library visit. Drawing. A call. Rest. Your own idea counts.

I will try:

When / where:

What would make it more doable?

AFTERWARD, NOTICE

A little more connected? Interested? Rested? No change? Something else?

What I noticed:

What I will keep or adjust:

If it did not help, that is information for the next try. Your effort still counts.