WORDS YOU CAN BORROW

You can ask before it all falls apart.

Try this with a support provider:

“I’m keeping things going, but I’m not doing well. I want to talk about my substance use and what support could fit my life.”

Ask a provider how information is used and what limits apply to privacy. You can ask questions before deciding what to share.

A person or service I could contact:

One question I want answered:

When I can reach out:

If you are in immediate danger, use emergency help instead of waiting for an appointment.

PROGRESS IS PROGRESS

You matter beyond what you get done.

Naming the cost. Sharing a task. Asking for care. These steps count before anyone else notices a change.

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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, a diagnosis, or a substitute for individualized treatment. This guide is not an emergency service.

SOURCES / FURTHER READING

NIAAA / Understanding Alcohol Use Disorder

NIMH / Caring for Your Mental Health

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RECOVERY IN REAL LIFE / 04

Looking fine. Carrying too much.

Keeping everything moving does not mean you have to carry it alone.



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01 / LOOK BEYOND THE OUTSIDE

Still showing up. Still struggling.

Bills paid. Shift covered. Kids where they need to be. The outside can look steady while the effort underneath gets harder to sustain.

LOOK AT THE COST

Sleep. Money. Patience. Time recovering from using. What are you giving up to keep the outside looking okay?

ONE EXAMPLE

People see: “I never miss a shift.”
The cost: “I spend my days off recovering and have little energy left for anyone.”

What people see:

What it costs me:

TAKE CONCERNS SERIOUSLY

Using more than intended, struggling to cut back, or continuing despite harm are reasons to seek help. This worksheet cannot tell you whether you have a substance use disorder.

02 / MAKE SOME ROOM

Reduce one piece of the load.

Choose one task. Check what can safely change and who is affected.

WHAT CAN WAIT?

A nonessential chore, a reply, or an extra commitment. Set a time to review it instead of adding it to today.

WHAT CAN BE SHARED?

Ask for one specific part: “Can you handle dinner Tuesday so I can make an appointment?”

WHAT NEEDS SUPPORT?

A task you cannot safely drop may need a backup person or service. Children and others who depend on you still need care.

One thing I could change:

Who needs to be part of the plan?

Make room for the support you need.

03 / MAKE ONE REAL ASK

Make it clear. Make it doable.

Ask someone safe for specific help at a realistic time.

A REAL-LIFE EXAMPLE

“Can you sit with me Thursday evening while I look for support?”

I will ask:

For this specific help:

By this day or time:

IF THEY CANNOT HELP

If they cannot help, try another person or service. Your need still matters.

My backup option:

One step I will take next:

If you drink heavily and regularly, seek medical guidance before stopping. Alcohol withdrawal can be life-threatening.