Session 44: A Service Commitment That Lasts: Putting It in the Plan

Duration: 60 minutes • Recovery education group. Ensure all participants are seated and ready

Materials: Appendix D for every participant; workbooks and pens

Learning objectives — by the end of this session, participants will be able to:

- Write their service commitment into the 90-day plan (Appendix D) with post, schedule, and review date
- Name the confirming contact for their service season
- Set the 30-day review question for their service: keep, adjust, or hand back

Opening (3 minutes)

Newcomer bridge (60 seconds): This is Phase 5 — Giving Back. The one idea today is that a service commitment lasts when it is on paper, with names, dates, and a review date. You are welcome here without earlier sessions; everything you need for today is in this session. Sessions of talking about service end the way every durable thing in this program ends: on paper, with names and dates. Today the commitment leaves the notebook and enters the plan it will be reviewed against.

Check-in prompt (8 minutes)

Name, craving 0–10, one word for your week — then: "Read your current post card aloud — task, place, day, confirming name — exactly as written in Session 38. If it changed, say what changed and why." Log every craving score on the roster.

Passing is honored — you may pass any question, prompt, or practice without explanation, step out and rejoin, and choose a partner-only option where one is offered.

Teaching (20 minutes)

A commitment that lasts has the same anatomy as every durable thing in this curriculum: it is written, it is small enough to keep, it names a person, and it carries its own review date. Service entered in Appendix D stops being a mood and becomes a line item in the life being rebuilt — Health, Home, Purpose, Community — reviewed at day 30 like everything else in the plan.

- **Written beats remembered** Post, place, day, season, confirming name, and review date go into the Community section of Appendix D today, in ink, before anyone leaves the room.
- **One post, kept, beats three posts, announced** The plan holds one primary service post for this season. Additional helping stays informal and small; the plan protects focus the way it protects everything else.
- **Review is part of the commitment** At day 30 the questions are keep, adjust, or hand back — answered with the confirming contact, not alone at midnight. A commitment with a review date can bend without breaking.

Sources & Evidence — Facilitator background — do not teach

Written service commitments in this session follow the continuing-care planning used throughout this curriculum: a named post, a review date, and a supervisor (Granfield & Cloud, 1999; SAMHSA, 2012). Key sources for this session: Granfield & Cloud (1999); SAMHSA (2012). Evidence strength: Moderate.

Spiritual practice: Service and helping others — correlates with recovery capital and written continuing-care planning; evidence: Moderate (Granfield & Cloud, 1999). Full citations: Appendix H. The session's Scripture material is in its optional handout (Appendix I), as theological foundation, quoted from the King James Version.

'Evidence strength' grades the correlated mechanism, not the spiritual practice itself

Pause midway through teaching: ask, "What part of that sounds most like your life right now?" Take two or three answers, connect them to the teaching, and continue. Teach in your own words — the bullets are your map, not a script to read aloud.

Discussion questions (10 minutes)

1. Read your plan entry aloud to your partner: what is missing — name, day, or date?
2. What is most likely to knock this commitment down in the next 30 days, and what is the pre-decided answer?
3. Who, besides you, now knows this commitment exists? Why does that matter?

Skill practice (12 minutes)

Plan entry and audit (in pairs): participants complete the service entry in Appendix D, then exchange plans and audit against the checklist — post, place, day, season, confirming name, review date, and the if–then from Session 42. Partners initial the audit. The facilitator collects the review dates for the program calendar.

Personal application — homework (5 minutes)

Confirm the entered commitment with your named contact within seven days — a short conversation: 'Here is what I have committed to, and here is my review date.' Report the confirmation at the next session's check-in. Participants write it in their workbook before leaving. Facilitator: name the homework again at the door as people leave.

Facilitator notes and cautions

Guard the difference between a plan and a press release: no participant is expected to announce commitments publicly, on social media or anywhere else. The audience for a commitment is the plan, the partner, and the confirming contact.

Closing (2 minutes)

It is in the plan now — which means it is real, reviewable, and yours. Stand your post. Next block: we turn from serving to leading — what changes when newer people start watching you.

Fidelity check for this session: objectives named at the start ☐ craving scores logged ☐ skill practice completed in full ☐ homework written down by participants ☐ session note filed today ☐

Block 2 — Mentoring & Leadership (Sessions 45–52)