

A New Day Recovery Center · Divine Holiness Outreach Ministry — Senath, Missouri

HANDOUTS PACKET

Participant Workbooks, Worksheets & Facilitator Roster Sheets

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For use with the Adult Recovery Facilitator Guide — 12 Weeks • 60 Sessions

Health • Home • Purpose • Community

FIRST EDITION · OCTOBER 2026

About the Handouts Packet — how to use it

Every handout starts on its own page. Print or copy only the handouts a session calls for and hand them out in group. Keep finished worksheets in the participant's workbook. Print extra copies of the Daily Inventory sheet — one for each day. The roster and notes sheets at the back are for the facilitator.

Handout crosswalk: Appendix A ↔ the Session 8 handout (Safety Plan), Appendix B ↔ the Session 11 handout (Thought Record), Appendix C ↔ the Sessions 28 & 30 handout (Warning-Sign Chain), Appendix D ↔ the Session 36 handout (90-Day Plan).

These groups are DMH RSS support/educational groups.

What's inside

Session 8 — My Personal Crisis & Safety Plan
Session 8 — If You're in Crisis (companion to the Safety Plan)
Session 11 — Thought Record
Sessions 28 & 30 — My Warning-Sign Chain & Return Plan
Daily — Daily Inventory & Evening Reflection
Daily — Gratitude Practice — Counting Blessings
Session 29 — Saying No in Your Own Words
Session 9 — My Support Map
Session 3 — Hope Anchor Card
Session 5 — Top-5 Trigger Map
Session 6 — Craving Ladder
Session 7 — Daily Anchors & HALT Check
Session 10 — Catch the Thought
Session 12 — The Lie, the Cost, and the Truth
Session 13 — Translating Shame into Guilt
Session 14 — Receiving Forgiveness
Session 36 — My 90-Day Continuing Care Plan
Session 28 — Relapse Warning Signs
Session 22 — Forgiveness Worksheet
Session 4 — Medication Support (MAT) Facts
Whole program — Phase Progress & Graduation Checklist
Facilitator Sheets — Roster, Group Notes & Individual Notes (back of packet)
On request only — Spiritual Practices — What They Look Like — at the end of this packet
Session 26 — Four-Box Budget & Payday Plan
Session 27 — Trust Ledger
Session 31 — My Identity Statement
Session 32 — My Gifts and First Service
Session 33 — My Story: Three Minutes, Safely
Session 35 — Accountability Agreement
Session 37 — Received and Passed On
Session 38 — My Service Post

Session 15 — The Self-Compassion Rewrite
Session 16 — Grounding Card: 5-4-3-2-1
Session 17 — Honest Expression: Four Movements
Session 18 — Losses, Honors, and One Boundary
Session 19 — My Family Map
Session 20 — My Boundary
Session 21 — I-Statement & Repair
Session 23 — Making Amends: Preparation Before Contact
Session 24 — Living Amend Commitment
Session 25 — My Work Step
Session 45 — Peer Bright Lines
Session 46 — Listening Like a Leader
Session 51 — Leading the Room: Open, Hold, Close
Session 52 — The Helper's Charter
Session 53 — My Compass Sentence
Session 54 — My First-Target Job List
Session 55 — The Honest Application
Session 56 — Keeping the Job
Session 57 — Testing a Vocation
Session 58 — My 48-Hour Protocol Card

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY

Read this first

You Are a Warrior



This packet offers you the word “warrior” — once, and strongly. If “victim” is also a true word for what was done to you, this packet does not erase it.

For those of us who face these particular demons, that word matters — and it is not a compliment we hand out lightly. It is a fact, earned the hard way. Addiction does not take a day off. It wakes up early. It waits in old streets and old phone numbers. It whispers when we are tired, hungry, lonely, or proud. It does not fight fair, and it does not quit on its own.

And yet — look at the record. You are still here.

You have fought this battle EVERY. SINGLE. DAY. On the good days, when the work was steady and the people around you stood strong. On the hard days, when nobody saw what it cost you just to get out of bed and say no one more time. Some days the victory was big and everybody knew it. Some days the victory was quiet: you made the call, you told the truth, you stayed in the room, you came back after a fall. Quiet victories still count. They are how wars are won.

That makes you a warrior. Not because you never fell — warriors fall. Not because you never bled — warriors bleed. You are a warrior because you got back up and stayed in the fight when quitting would have been easier. Own that.

So use these pages the way a warrior uses good tools. Write in them. Tell the truth in them. Review your safety plan before you need it. Mark your warning signs while you can still see them clearly. Do the daily work — one day, one page, one next right thing at a time. We will fight beside you, with structure, and with people who notice when a chair is empty. But we will not lie to you: this is your fight, and your fight is worth fighting. Scripture and faith material are available only on request, outside required session time, and are never required.

Keep this sheet at the front of your workbook. Read it again on the days you do not feel like a warrior — especially on those days. Anyone may pass on any item, without explaining.

You are still here. You are still fighting. That makes you a warrior. Own that.

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY

Session 8 Handout

My Personal Crisis & Safety Plan



Plan reviewed in Session 8, and reviewed after any crisis and at Week 12. Review it before you need it. Keep a copy where you can find it fast. The plan is written while the mind is clear — so on the hardest day, you do not have to invent one. You follow the one you already wrote. Bring the plan the counselor completed with you — the counselor copy will be in the room.

Before your first group, a licensed counselor completed your assessment, safety plan, and treatment plan. This session reviews and rehearses that plan. It does not replace it, and the facilitator does not read your clinical detail.

The governing copy of your plan is the plan completed with your licensed counselor before your first group. The copies in this workbook, in Appendix A, and in the Session 8 handout are working copies for review and rehearsal — keep them current, and change any step only with your counselor.

Completeness check (without reading clinical detail): cover the written content, confirm in your own words that each step is answered, and ask the facilitator to initial the cover check. The facilitator does not read your clinical detail.

Name: _____ **Date the counselor plan was completed:** _____
Review date: _____

Copy from the plan the counselor completed with you — do not build a plan for the first time here.

Step 1 — My warning signs

(thoughts, feelings, behaviors that tell me a crisis is building):

Step 2 — Things I can do on my own to steady myself

(volume knobs, grounding, movement):

Step 3 — People and places that ground me

(social contact, no problem-solving required):

Person or place	Phone

Step 4 — People I can ask for direct help

Name	Phone

My Personal Crisis & Safety Plan

Name: _____ Date the counselor plan was completed: _____

Step 5 — Professionals and crisis resources

- **Suicide and Crisis Lifeline:** call or text 988 — 24 hours, free
- **Emergency: 911** for immediate danger or a medical emergency

My counselor / care coordinator — Name & phone:

Program / house contact — Name & phone:

My prescriber / clinic — Name & phone:

Step 6 — Making my environment safer

(substances, means of harm, access — what I will move, store, or hand to a trusted person):

My reason for living, in my own words:

The people, hopes, and promises worth staying for:

Signature: _____ Staff initials (cover check only — does not read clinical detail): _____

Review date: _____

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY

Session 8 Companion Handout

If You're in Crisis



Cut along the lines. Keep one in your wallet, one in your phone case, one where you sleep. Give one to a person who cares about you.

Name: _____ **Date:** _____

IF YOU'RE IN CRISIS Call or text 988 — Suicide and Crisis Lifeline, 24 hours Emergency: 911 Tell staff NOW. Do not wait alone. If someone is not breathing right or cannot be woken up, it may be an overdose: call 911 first. If naloxone (Narcan) is nearby and you are trained, use it, and stay until help comes. My name: _____ Call for me: _____	**IF YOU'RE IN CRISIS** Call or text 988 — Suicide and Crisis Lifeline, 24 hours Emergency: 911 Tell staff NOW. Do not wait alone. If someone is not breathing right or cannot be woken up, it may be an overdose: call 911 first. If naloxone (Narcan) is nearby and you are trained, use it, and stay until help comes. My name: _____ Call for me: _____
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NEW DAY RECOVERY
Session 11 Handout

Thought Record

From Session 11. A thought is a claim, not a verdict. Put it on trial: write the facts for it and against it, then write a truer thought. Go one column at a time and rate honestly — numbers show movement.

Name: _____ **Date:** _____

Worked example — read this one first

Column	Example
1. Situation	Tuesday, 6 p.m. My ride to the meeting fell through and nobody answered my first call.
2. Automatic thought	"Nobody really cares if I make it." — I believe it 80%
3. Feelings	Hurt 70 • Angry 50 • Craving 40 (0–100)
4. Evidence FOR the thought	The ride did fall through. One call went unanswered.
5. Evidence AGAINST it	My partner called back in 10 minutes. Staff found me another ride last week. Two people saved me a seat on Sunday.
6. Balanced thought	"One ride fell through. People do care — help was on its way, just slower than I wanted." — I believe it 75%
7. Re-rate	First thought now: 35% • Feelings now: Hurt 30, Craving 10 • Next right action: call my partner back and take the second ride.

Now yours

Column	Write here
1. Situation	What happened? Where, when, who? (facts only)
2. Automatic thought	The exact sentence in my head — and how much I believe it (0–100%): ___%
3. Feelings	Name them and rate intensity (0–100): _____
4. Evidence FOR the thought	Specific facts that support part of it: _____
5. Evidence AGAINST it	Specific facts, history, and what a fair witness would say: _____
6. Balanced thought	A truer sentence that keeps the true piece and drops the false verdict — belief rating: ___%
7. Re-rate	Original thought now: ___% Feelings now: _____ Next right action: _____

NEW DAY RECOVERY

Sessions 28 & 30 Handout

My Warning-Sign Chain & Return Plan

From Sessions 28 and 30. A return to use starts long before the substance — days or weeks before. That is good news: it can be stopped early, where stopping is cheapest. Write your chain in your own words and share it with your coach and one more person.

Name: _____ **Date:** _____

Stage	My signs — in my own words	My interruption — action + person
1. Drift		
2. Setup / denial		
3. High-risk situation		
4. Craving / decision point		
5. Use	Return Card governs — see below	—

My two earliest signs — the ones someone who knows me could spot:

The person who has my permission to read this chain back to me:

My chain words to watch for — the sentence my denial uses (for example, "I've got this" or "I don't need a meeting this week"):

My Return Card — If I Leave or Slip

Name: _____ **Date:** _____

This is a fire drill, not a prediction. Fill it in now, while you are calm. Take a photo of it with your phone when it is done.

If I slip:

1. Get safe. Stop. Leave the situation. Do not drive. I will:

---

2. Tell. Before the story gets edited, I will call:

First call — Name & phone:

Second call — Name & phone:

Program — Phone:

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3. Return the same day to:

---

4. Review my chain within 24 hours with:

A slip is serious. It is not a new name for you, and it does not erase the days before it. Run home, not away — this community receives returners without contempt and without pretending nothing happened.

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY
Daily Handout

Daily Inventory & Evening Reflection

Print many copies — one for each day. Five quiet minutes at night. There is no grade. Honest beats perfect.

Your workbook carries one running daily log. The HALT check, craving log, living-amend log, trust ledger, and drift-checks are entries in that one log, not separate logs. The two daily sheets (Daily Inventory and Gratitude Practice), where used, are the same one log on paper.

Name: _____ **Date:** _____

My day at a glance

Check	My answer today
Craving — highest today (0–10)	
Sleep last night (hours / how I slept)	
HALT check — Hungry? Angry? Lonely? Tired? Circle any that hit today	
Meetings / group / support community today	
Evening reflection	
One honest thing I said or did	
One person I helped or thanked	

Evening reflection — three questions

1. Where did I drift today? (first link of my chain, a skipped step, a small dishonesty)

2. Where did I do the next right thing?

3. What is tomorrow's first step?

One thing I am thankful for tonight:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

Gratitude Practice — Counting Blessings

Each day, write three specific gifts from the last 24 hours — a meal, a ride, a kind word — in your own words, on paper. Specific beats vague: "everything" does not count, one real thing does.

Name: _____ **Date:** _____

Day 1 — Date: _____

Day 2 — Date: _____

Day 3 — Date: _____

Day 4 — Date: _____

Gratitude Practice — Counting Blessings

Name: _____ **Date:** _____

Day 5 — Date: _____

Day 6 — Date: _____

Day 7 — Date: _____

End of the week

Which gift on these pages surprised me most?

Who gave me something this week that I have not thanked yet? I will thank them by (day):

NEW DAY RECOVERY

Session 29 Handout

Saying No in Your Own Words

Short. Plain. No big speech. Say it, then change the place or the plan. Practice out loud in group until the words feel like yours — a no you have rehearsed is a no you can say under pressure.

Name: _____ **Date:** _____

Words that work — make them yours

- "No thanks. I'm not using."
- "I can't. I'm in a program and I'm not using."
- "Not today. I've got somewhere to be." (Then go there.)
- "I have to go. My ride is here." (Set the ride up before you go.)
- If they push: say it once more, the same way — then leave. You do not owe a debate.

Build your own

When _____ offers or pushes, I will say:

If they push a second time, I will say:

Then I will go to (place):

And I will call (name & phone):

If–then plan

If _____ happens, then I will _____, with _____, and go to _____.

One place or event I am not going to this season — my "not yet" — and what I will do instead:

NEW DAY RECOVERY
Session 9 Handout

My Support Map



From Session 9: nobody recovers alone. Fill every circle you can. An empty circle is not a failure — it is next week's assignment. Keep the phone numbers here, where you will actually use them.

Name: _____ **Date:** _____

Who holds me up	Name	Phone / where & when
My safe person — I can tell the truth		
Sponsor / mentor		
Accountability partner (+ call days)		
Coach / counselor		
Support community (your choice)		
Recovery meeting (+ days & place)		
Family / trusted friend		
A place that grounds me		
Program / house contact		

When a chair is empty

Who notices when I am missing — and has my permission to call me the same day?

The circle that is empty right now, and my dated plan to fill it:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY

Session 36 Handout

My 90-Day Continuing Care Plan



Finished and checked in Session 36 (Phase 4 completion). Session 60 is graduation. A plan with names and dates is a bridge. A plan without them is a wish — fill every line with a name, a date, a number, or a place, or write the dated step that will fill it.

Name: _____ **Date:** _____

Plan dates: _____ to _____ **Day-90 review with:** _____ on: _____

HEALTH

Medical / dental / counseling appointments (kept or booked, with dates):

My medication routine, exactly as prescribed — and my prescriber & phone:

Sleep & HALT plan — how I will guard sleep and not get too Hungry, Angry, Lonely, or Tired:

My craving & chain tools — what I will use, and who I will call:

HOME

Where I will live & the house agreements I have agreed to:

My dangerous-hours plan — the hours and places that are risky for me, and what I will do instead:

Key house contacts (names & phones):

My 90-Day Continuing Care Plan

Name: _____ Date: _____

PURPOSE

Work / school / service — my commitment and its start date:

Money & payday plan — what happens to my pay, in order, on payday:

One living amend I am continuing (name & the steady step):

One trust I am rebuilding in small steps (name & the small, checkable steps):

COMMUNITY

Support community (participant's choice) — name, contact, meeting/service time:

Recovery community — name, contact, meeting days & times:

Mentor — name & phone:

Accountability partner — name, phone & our call schedule:

If I slip, my Return Card (Sessions 28 & 30 handout) is the plan, and my first calls are:

Participant signature: _____ Facilitator / coach: _____

In crisis: call or text 988 (24 hours) • Emergency: 911 • Tell staff now.

NEW DAY RECOVERY
Session 28 Handout

Relapse Warning Signs

Check any sign you have seen in yourself in the last two weeks. This is not a test you pass or fail — it is a weather report. One checked box is information. Several checked boxes mean: tell your coach or accountability partner today, while telling is still cheap. A warrior learns the terrain and watches for the first move — catching a sign early, while it is still small, is how you stay in this fight.

Name: _____ **Date:** _____

- ☐ My sleep has fallen apart — up all night, or sleeping through the day.
- ☐ I am skipping meals, meetings, group, or support community — and calling it "focusing on other things."
- ☐ I keep saying "I'm fine" or "I've got this" when I am not fine.
- ☐ I am shutting down — going numb, not feeling much of anything.
- ☐ I am avoiding people who ask honest questions, and getting sharp when they ask.
- ☐ Problems are stacking up — money, conflict, legal, family — and I am not taking them to anyone.
- ☐ I feel stuck and unable to move, even on small things.
- ☐ My thinking is confused or racing, and I cannot settle on the next right thing.
- ☐ I feel low, hopeless, or like nothing I do matters.
- ☐ I am keeping secrets — about money, people, places, or how I am really doing.
- ☐ I am spending time near old people, places, or routes "just to see."
- ☐ I have started planning how using could work, even if I tell myself I won't.

What I do when I see one

The first person I will tell — name & phone:

The stop move I will use today (from my Warning-Sign Chain, Sessions 28 & 30 handout):

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY
Session 22 Handout

Forgiveness Worksheet



From Session 22. Forgiving means one thing: I stop carrying a debt I was never built to collect. It does not mean it was okay. It does not mean I trust the person. It never means going back into danger. Go at a pace set with your counselor, pastor, or coach — deep wounds often let go in parts, and parts are not failure. A warrior lays down a weight that was never meant to be carried alone — not because the fight is over, but because your hands need to be free for the one in front of you. No one will urge you to forgive an abuser on any timeline, and forgiveness never requires contact. Forgiveness cannot be demanded, scheduled, or used as a test of recovery.

Name: _____ **Date:** _____

Step 1 — Remember the hurt honestly (R)

What happened, in plain facts. No softening it, no making it bigger:

Step 2 — Work to understand (SKIP this step for any person who harmed you or is unsafe)

What might have been true in the other person's life or pressures? Understanding is not excusing — the wrong stays wrong:

Step 3 — Give the gift (A)

Forgiving is a gift the other person did not earn. In my own words, the debt I am releasing is:

Forgiveness Worksheet

Name: _____ **Date:** _____

Step 4 — Commit to the choice (C)

Say it out loud, and tell one safe person. Write the sentence you will use:

"I release _____ from my personal collection. I am done carrying this debt. This does not mean it was okay, and it does not reopen a door that should stay closed." — in my own words:

Step 5 — Hold on (H)

Feelings follow choices slowly. When the hurt feeling comes back, it does not mean you failed. Write what you will do and say at that moment:

The support I need for this — counselor, pastor, coach (name & the appointment I will make):

Private work: a letter about this hurt, if you write one, is not sent. Keep it in your workbook, or destroy it — your choice.

NEW DAY RECOVERY
Session 4 Handout

Medication Support (MAT) Facts

Plain facts, no arguing. In this program, every honest path of recovery is respected. No one here is "cleaner" than anyone else.

Name: _____ **Date:** _____

- **What it is.** Some medicines, prescribed by a medical provider, help the brain and body heal from opioid use. They are one real path of recovery, used along with counseling, community, and the same daily work everyone here does. Alcohol-use medications (naltrexone and acamprosate) are also prescriber decisions — take medication questions to your prescriber or clinic. This program neither prescribes nor advises starting, stopping, or changing any medication.
- **Who decides.** Only you and your medical provider — your prescriber or clinic. Facilitators, coaches, sponsors, and other participants never advise anyone to start, stop, or change a medicine. Ever.
- **Taking it as prescribed is recovery.** Taking a prescribed medicine the way your provider directs is not "still using." Shaming someone for their prescribed medicine is not allowed in this room — it breaks our group agreements.
- **It is not the whole plan.** Medicine supports recovery; it does not do it alone. The plan still includes sleep, structure, people, purpose, and the tools in these handouts — for everyone, on every path.
- **Questions go to the right person.** Questions about a medicine, a dose, or side effects go to your prescriber, clinic, or pharmacist — write them down and take them to your appointment.
- **If you are on medication support, write it in your plans.** List it in your Safety Plan (Session 8 handout) and your 90-Day Plan (Session 36 handout), with your prescriber's name and phone, the same as any other part of your health care.

Source: SAMHSA, Medications for Opioid Use Disorder (Treatment Improvement Protocol [TIP] 63) — the standard this program follows. Full citation is in the Facilitator Guide, Appendix H.

My prescriber / clinic — Name & phone (if this applies to me):

My next appointment:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.

NEW DAY RECOVERY
Whole-Program Handout

Phase Progress & Graduation Checklist



Your map of the whole program. Check things off as you finish them. A gap does not mean failure — it means a plan with dates, made with the Program Director.

Name: _____ **Date:** _____

Phase 1 — Foundation (Sessions 1–9): Surrender and getting steady

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My Personal Crisis & Safety Plan (Session 8 handout) is finished.
- ☐ I can say the core skill in my own words: _____

Phase 2 — Healing (Sessions 10–18): A renewed mind

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ I have finished at least three Thought Records (Session 11 handout).
- ☐ I can say the core skill in my own words: _____

Phase 3 — Rebuilding (Sessions 19–27): Relationships, forgiveness, and amends

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My amends list has been reviewed with my coach or counselor, and one living amend is underway.
- ☐ I can say the core skill in my own words: _____

Phase 4 — Living Free (Sessions 28–36): Staying free

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My Warning-Sign Chain & Return Card (Sessions 28 & 30 handout) are finished and shared.
- ☐ My 90-Day Continuing Care Plan (Session 36 handout) is finished and checked — names, dates, and first steps in place.
- ☐ I can say the core skill in my own words: _____

Phase 5 — Giving Back (Sessions 37–60): Service, Leadership & Purpose

- ☐ I came to at least 22 of the 24 sessions, or made them up with my facilitator.
- ☐ My Giving Back Plan and the Next 90 Days is finished.
- ☐ I can say the core skill in my own words: _____

Graduation — all of these

- ☐ All five phases finished (above).
- ☐ Overall, I came to at least 54 of the 60 sessions, or made them up.
- ☐ My 90-Day Plan names my communities, my contacts, my mentor and accountability partner, and my first dates.
- ☐ I took part in the Session 60 closing — sent, not finished.

If anything above is still open, my completion plan — item, who owns it, and its date:

Hope Anchor Card

From Session 3. Hope here is not a mood; it is a plan with a name on it. Read your anchor every morning this week.

Write one sentence of hope in your own words — not a slogan — plus the name of the person you will read it to when hope feels thin. Cards stay in your workbook.

MY HOPE ANCHOR My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.	**MY HOPE ANCHOR** My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.
MY HOPE ANCHOR My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.	**MY HOPE ANCHOR** My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.

Homework: read your hope anchor every morning this week. Do one small act that belongs to the person you are becoming — make a bed, keep one appointment, make one honest call — and note it in your workbook each evening.

NEW DAY RECOVERY
Session 5 Handout

Top-5 Trigger Map

From Session 5. A trigger is information, not a character flaw. Today everyone leaves with their five highest-risk triggers named, rated, and paired with a written way out.

Name: _____ **Date:** _____

Triggers are learned associations — the brain linked the cue to relief — which means they can be mapped, anticipated, and gradually weakened. External triggers are handled first by distance and design (routes, contacts, cash handling); internal triggers are handled by skills.

Trigger	Risk (1–10)	My way of escape — who I call, where I go, what I say to leave	Held to it by

Rate them honestly. A trigger list where everything is a “10” helps no one. Every escape must be concrete — “call Marcus and go to the house meeting” passes; “try harder” does not.

Homework: choose your highest-rated avoidable trigger and avoid it all week by design (route, contact, or cash plan). Log any moment the internal triggers fire and what you did.

NEW DAY RECOVERY
Session 6 Handout

Craving Ladder

From Session 6. A craving is a wave. It rises, it peaks, and — fed or not — it falls. Buy the minutes until the peak passes.

Name: _____ **Date:** _____

My Craving Ladder

When my craving is…	I will…
At 4	
At 7	
At 10	and go to:

The two tools

- Urge surfing: breathe, locate the craving in your body, rate it, watch it for 90 seconds, re-rate it. Curiosity weakens the spell of command.
- The 3-call rule: before any other response at a 7 or above, call three recovery people, or keep calling until a human answers.

My three calls, by name: 1. _____ 2. _____ 3. _____

Minutes, not forever: the decision is never “never use again” in a craving moment; it is “not in the next 15 minutes — and then we will see.” A craving reported at a 4 is a conversation; reported at a 10 it is an emergency.

Homework: log every craving of 5 or above this week — time, trigger, peak rating, what you did, and how long until it fell by half.

Daily Anchors & HALT Check

From Session 7. Anchors before ambitions. Fix wake time, meals, and bedtime first. A modest schedule kept beats an impressive schedule abandoned by Thursday.

Name: _____ **Date:** _____

Tomorrow, with anchors

Anchor	My time / plan
Wake	
Breakfast	
Lunch	
Dinner	
Program / work / service	
One connection	
One rest or enjoyable sober activity	
Bedtime	

My fixed anchor for the next seven days: _____

My two most dangerous unstructured hours: _____ Plan: _____
Person: _____

HALT — run it before you call it a crisis

When craving spikes, check HALT first and treat what is actually wrong: Hungry? Angry? Lonely? Tired? The check takes twenty seconds; the rescue takes days.

Homework: keep the fixed anchor for seven days and run a HALT check three times a day, logging it in your workbook (time, letter, action taken). Bring the log to Session 8.

Catch the Thought

From Session 10. Between an event and our reaction sits a thought that can be seen and examined. Thoughts are not facts — they are mental events.

Name: _____ **Date:** _____

Two people get the same short text from a family member; one hears rejection and spirals, the other hears a busy day and moves on. The event was identical; the thought did the damage. Slow the sequence down until the thought is visible enough to examine.

Situation	Thought	Feeling	Behavior

Homework: catch and write one sequence a day for five days — situation, thought, feeling, behavior. Keep them small and ordinary. We build Thought Records from these next session.

The Lie, the Cost, and the Truth

From Session 12. A lie written on paper, labeled a lie, loses its disguise.

Name: _____ **Date:** _____

Load-bearing lies cluster in three families. Lies about myself: I am my worst act; I am too far gone; needing help means I am weak. Lies about support: everyone has given up on me; asking for help only burdens people; no one can be trusted with the truth. Lies about recovery: people like me do not make it; needing medication means I am not really in recovery; one slip erases everything.

My most costly lie	My answer
The lie (family: myself / support / recovery)	
Where I learned it	
What it costs me now	
My truth statement, with evidence from my own life	

Belief rating for my truth statement: before _____ after _____

Homework: carry your truth statement where the lie usually speaks (workbook cover, phone note). Each time you catch the lie this week, read the statement aloud and log it: date, lie, truth read, belief rating before and after.

Translating Shame into Guilt

From Session 13. Specific is workable; global is not. Guilt points at a behavior and can lead to repair; shame points at identity and leads to hiding.

Name: _____ **Date:** _____

Guilt focuses on a behavior — I lied, I stole, I missed the visit — and its healthy function is repair. Shame focuses on identity — I am a liar, I am trash — and its function is hiding. Worth is settled; behavior is dealt with honestly, in the light, with repair.

The global verdict ("I am _____")	The specific, workable truth ("I did _____; the impact was _____; a repair step could be _____")

If no behavior of mine is involved (shame absorbed from others' actions), the true form is: "That was done to me; it describes an event, not my worth."

Homework: run the translation every time you catch a global verdict this week. Bring your best translation to Session 14.

Receiving Forgiveness

From Session 14. Receiving is an act, like receiving a pardon or a gift. Feelings follow at their own pace; reception does not wait for them.

Name: _____ **Date:** _____

My blocker

☐ Self-punishment — my misery feels like paying, as if it were installments on a debt.

☐ Disbelief — my case is the exception.

☐ Fear of presuming — accepting forgiveness too easily would be arrogance or would cheapen the harm.

☐ A debt genuinely still owed — restitution comes in Week 5, and this verdict waits for that work.

The written exercise

The case I keep re-trying is:

The facts I have faced and the repair I have made or am making are:

Today I practice receiving that by (a concrete act — telling my coach, putting the written statement in my workbook cover, doing the next right thing on my plan):

The REACH steps: R — Remember the hurt honestly; E — Work to understand; A — Give the gift; C — Commit to the choice; H — Hold on.

Homework: practice the reception act daily. Each time the old case reopens in your mind, say the verdict sentence aloud once and log it.

The Self-Compassion Rewrite

From Session 15. Self-compassion has three parts — self-kindness, common humanity, honest awareness. Firm about behavior, warm about the person.

Name: _____ **Date:** _____

Contempt feels like motivation and functions like a trigger. The voice we are building says: "That was wrong, it mattered, here is the repair — and you are still mine, still in this, still getting up."

My rewrite

My most common self-attack:

Rewrite it using the frame:

"This is a moment of struggle. Struggle is part of being human and in recovery. I did _____ (honest behavior). The next right step is _____. And I am still _____ (true identity statement)."

Which part is hardest for me: ☐ kindness ☐ common humanity ☐ honest awareness

Homework: catch one self-attack per day and write the rewrite. Bring the rewrite that was hardest to believe to Session 16.

Grounding Card: 5-4-3-2-1

From Session 16. Practice 5-4-3-2-1 once on a calm day so it is familiar before you need it.

Understanding is not excavating. What we can work on here is today's responses — with grounding, structure, and support. If this session stirred anything heavy, tell your coach or counselor this week.

GROUNDING — 5-4-3-2-1 When the moment overwhelms you, slow down and name: 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell 1 thing you can taste My most reliable volume knob (walk, cold water, music, a person): _____	**GROUNDING — 5-4-3-2-1** When the moment overwhelms you, slow down and name: 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell 1 thing you can taste My most reliable volume knob (walk, cold water, music, a person): _____
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Add your volume knob to your Safety Plan as a step-two strategy. Change any step only with your counselor.

Honest Expression: Four Movements

From Session 17. Feelings named precisely stop leaking out as rage, relapse, or shutdown.

Name: _____ **Date:** _____

A structured way to bring pain to the people and supports who can help — instead of to the substance, the binge, or the explosion. Four movements: turn toward support, name it plainly, ask for what you need, choose your anchor.

1. I am turning toward my supports with this:

2. Here is what is wrong:

3. Here is what I am asking for:

4. Here is what I am choosing to stand on:

Homework: read your written piece once a day — out loud if you can. Do not edit it as feelings change; add a dated line instead, and watch whether the anchor movement gets stronger.

NEW DAY RECOVERY
Session 18 Handout

Losses, Honors, and One Boundary

From Session 18. A wave is not a setback. Unnamed grief does not dissolve; it leaks.

Name: _____ **Date:** _____

Recovery is a season of funerals — for people, for years, for health and roles, and, said plainly, for the substance itself. Grief has no schedule and no stages a person passes in order; waves return at anniversaries, places, and songs.

Loss (one line)	How I will honor it in recovery (a visit, a letter not sent, a donation of time, an anniversary plan)

One grief-protecting boundary

My boundary — a complete, kind sentence I could actually say:

For example: “I love you and I want to be there. I’ll come for dinner and leave before the drinking starts, and here’s my ride plan.”

Homework: have one honoring act this week, however small. Tell one safe person your boundary sentence before you need to use it.

NEW DAY RECOVERY
Session 19 Handout

My Family Map

From Session 19. Roles are adaptations, not identities — and an adaptation can be retired.

Name: _____ **Date:** _____

Common roles: the enabler who shields, the hero who over-achieves to balance the shame, the scapegoat who absorbs the blame, the lost child who disappears, the mascot who defuses with humor. The rules underneath are usually: don't talk, don't trust, don't feel.

My family map	My answer
The role I played	
One role I refuse to resume	
One family pattern I can influence	
One pattern I am releasing to the other adults involved	

My map — names, roles, rules (headline level):

Homework: this week, notice one moment the old role invites you back. Do not play it. Write what happened, what you did instead, and how it felt an hour later.

My Boundary

From Session 20. A boundary is a property line: it states what I will do — not a wall, not a threat, not a wish with no action behind it.

Name: _____ **Date:** _____

Healthy boundaries protect four territories: my body and safety, my money and property, my time and commitments, and my recovery itself — meetings, program rules, medication routines, sleep.

My boundary, in the frame

"I love / care about _____. I will _____. I will not _____. If _____ happens, I will _____."

Audit it with a partner

- ☐ Is every verb mine?
- ☐ Is the consequence real and kind?
- ☐ Is it short enough to say while nervous?

"Don't ever call me drunk again" is a wish. "If you call drunk, I'll end the call and try you tomorrow" is a boundary. State it kindly, briefly, once — then let your actions do the repeating.

Homework: write the sentence on a card and keep it where you will see it before the relevant call or visit.

NEW DAY RECOVERY
Session 21 Handout

I-Statement & Repair

From Session 21. Reflecting is not agreeing; it is proof of hearing.

Name: _____ **Date:** _____

Speaker–listener: one talks, one reflects, then switch. The listener only reflects and asks "is there more?" A complaint names a behavior and a need; criticism names a character.

My I-statement

"I felt _____ when _____; I need _____."

_____

_____

_____

My specific request (what I want, not only what I hate):

_____

_____

Repair attempts

Any move that de-escalates mid-fight: "I'm getting loud; give me ten minutes and I will come back," humor that includes rather than mocks, a hand raised like a flag of truce.

Flooding is a body signal — racing heart, tunnel thinking, voice rising. Past that point, no good words exist. A timed, promised return ("twenty minutes, and I will come back") is a skill, not stonewalling.

My repair sentence, in my own voice: _____

Homework: use speaker–listener once this week on something small. Before any hard conversation, write your I-statement and your request. Log how the conversation ended: ☐ repair ☐ retreat ☐ explosion.

NEW DAY RECOVERY

Session 23 Handout

Making Amends: Preparation Before Contact

From Session 23. An amend is preparation before contact. Nobody makes an amend this week because a curriculum said so.

Name: _____ **Date:** _____

An amend is more than an apology: owning a specific harm, naming its impact, and making repair where repair is possible. First the list, sorted honestly. Then the two tests, applied to every entry.

Person harmed	Now / Later / With Guidance	Why this category

The two tests — for every entry

☐ Is it safe?

☐ Could contact cause more harm?

With Guidance means anyone where contact could injure — an ex-partner with a protective order or a new family, a victim of our crime, an employer, anyone we could endanger or destabilize by appearing. Legal and court matters always route through an attorney and the Program Director.

Draft the structure of one amend

"I did _____ (facts, no excuses, no 'but you'). I understand it cost you _____. Here is the repair I am making or offering: _____. I do not expect or demand your forgiveness or a relationship."

Homework: take your list to your coach, counselor, or sponsor before the next session and review every entry together. Report back only this: reviewed, or appointment set. No amend contacts this week unless your reviewer clears a specific one.

Living Amend Commitment

From Session 24. Trust is settled in the currency of time plus consistency.

Name: _____ **Date:** _____

"I'll be there more" is a wish. "I will be at Sunday dinner, sober, phone away, for the next twelve weeks — including the weeks it's awkward" is an amend.

My living amend	My answer
The harm pattern (unreliability, dishonesty with money, absence, rage)	
The opposite behavior	
How often	
Season: from _____ to _____	
Evidence I will keep	
Accountability person	
Obstacle most likely to break it, plus the counter-plan	

Do not announce it as a campaign. Where a conversation is appropriate, state it once, plainly. Then let repetition do the talking.

Homework: begin this week — day one counts even if nobody sees it but you. Log the evidence daily in your workbook. Bring the log to Session 27.

My Work Step

From Session 25. Stages are respected here — stabilizing health and starting a job are the same phase of work at different addresses.

Name: _____ **Date:** _____

My stage: ☐ not ready ☐ preparing ☐ seeking ☐ employed

Strengths with evidence	My answer
Strength 1, with its evidence line	
Strength 2, with its evidence line	
Strength 3, with its evidence line (homework)	

My barrier — stated as a problem to solve, not a verdict (documents, transport, record, health, schedule): _____

My 14-day step (examples: obtain ID or documents, one workforce-center visit, two applications, a service commitment of set hours, a skills class enrollment, a conversation with an employer):

I will report it to: _____

Homework: complete the 14-day step and report it to your named person, done or honestly not done with the obstacle named. Bring one line about it to Session 28 — this feeds your purpose plan in Week 7.

Four-Box Budget & Payday Plan

From Session 26. A budget is a plan for money before feelings arrive. Payday, for many of us, was the most dangerous day of the month.

Name: _____ **Date:** _____

Private work: worksheets stay face-down and private; nobody shares figures aloud.

The four boxes	My numbers
Income (all sources)	
Fixed costs (housing / program fees, phone, transport, court and family obligations)	
Debts and amends repayment schedules from Week 5	
Leaks (spending that evaporates without feeding, housing, or advancing me)	

My Next Payday Plan

Payday plan	My plan
Next payday date	
Pay order	
Cash limit	
Who holds the rest, and where it is kept	
First 48 hours — people and places	
The person who will ask me about it	

No regular income: write the next money date or “no date yet,” the first person told, and the cash limit. Cash pay: write the cash limit, who holds the rest, and where it is kept.

Homework: run the Payday Plan on your next income date. Track actual spending for seven days — every dollar, no judgment, just data.

Trust Ledger

From Session 27. Trust is a prediction. We control exactly one variable: the evidence. Small is not insulting — it is calibrated.

Name: _____ **Date:** _____

Relationship: _____

Micro-commitment (small, dated, observable)	How often	Evidence (kept-call log, arrival times, payment receipts, workbook ticks)

My miss protocol: "If I miss, I will tell _____ within _____ hours, in these words: _____"

A self-reported miss, with the repair, builds more trust than a perfect streak later exposed as edited. The ledger is for you and your accountability person — never present it to the injured party as leverage.

Homework: run the ledger for the next 21 days (it continues into your 90-day plan). Log every kept and missed commitment daily; use the miss protocol at the first miss, not the fifth. Bring the ledger to Session 30.

My Identity Statement

From Session 31. Identity first, biography second. Identity is the deepest layer — a person in recovery, in the present tense.

Name: _____ **Date:** _____

History is real: what happened and what we did belong in the testimony. Roles are many and changeable: parent, worker, participant, leader, student. Identity is the deepest layer, and this program settles it in the present tense.

My identity statement, in my own words:

Becoming sentence: "I am a person in recovery, learning to _____."

The old label I am hardest to stop leading with:

My ordered introduction — present first, past at the right depth:

For example: "I am a person in recovery, building a life that helps other people." A job interview, a church testimony, and a group session get three different depths of the same true story.

Homework: use your identity statement once a day (mirror or a trusted person). In one real setting, practice the ordered introduction — present first, past at the right depth.

NEW DAY RECOVERY
Session 32 Handout

My Gifts and First Service

From Session 32. It is hard to relapse into a life where people are counting on your gift this Saturday.

Name: _____ **Date:** _____

Gifts — teaching, encouragement, leadership, hospitality, helping, giving. Evidence: compliments received across a lifetime, tasks that energize rather than drain, what the house already asks of you.

My gifts and first service	My answer
My top gift, with evidence	
One more gift, with evidence	
My first service (one named service)	
Start date (within 14 days)	
Supervisor contact	

Service must be sized and supervised. The Program Director and coaches approve service roles; enthusiasm never overrides safeguarding.

Afterward — what it cost:

Afterward — what it gave back:

Homework: complete your first service act before Session 34, or have it firmly scheduled with the supervisor's confirmation.

My Story: Three Minutes, Safely

From Session 33. A safe story is engineered, not improvised. Unfinished is credible.

Name: _____ **Date:** _____

Roughly a fifth before, a fifth the turn, and the rest now. The turn is the testimony: listeners in the pit do not need our pit described better — they need the ladder located.

1. What it was like (brief, honest, no scenes):

2. What happened (the turn — the people, the program, the moment surrender became direction):

3. What it is like now (the longest section — practices, people, evidence, and honest unfinished business):

Safety rules

- ☐ No graphic use detail.
- ☐ No naming-and-shaming others.
- ☐ Nobody else's story told as mine.
- ☐ No timelines or outcomes I cannot support.
- ☐ Sized for the setting.

Homework: deliver your story once this week to a real (safe) audience, and write three lines on how it went.

Accountability Agreement

From Session 35. Permission given in advance is the whole tool — your sober self signs it so your worst week cannot revoke it.

Name: _____ **Date:** _____

Three relationships carry a graduate. A mentor or sponsor: further along, carries experience and perspective. An accountability partner: nearer our level, in frequent contact. A friend: mutual, unburdened by monitoring duties, because not every relationship should be a checkpoint.

My three relationships	Name
Mentor or sponsor	
Accountability partner	
Friend	

The operating agreement

Contact schedule: _____

My five standard accountability questions:

_____

_____

_____

☐ Chain-spotting permission: “When you read my own chain to me, I will treat it as love, especially when I don’t want to.”

If contact lapses: second call within 24 hours; mentor notified at the second miss. No silent disappearances — in either direction.

Still securing relationships? Write the Ask Plan instead — names: _____ ask dates: _____ the exact sentence I will use: _____

Homework: make the ask(s) or hold the first scheduled accountability call before Phase 4 completion day. Bring confirmation — a name, a schedule — to Session 36’s plan review.

Received and Passed On

From Session 37. A recovery that only receives eventually stalls; a recovery that gives keeps growing.

Name: _____ **Date:** _____

Session 32 named your strengths and gifts; this phase puts them to work. Recovery capital is the sum of resources a person can draw on to sustain recovery — relationships, roles, community standing, useful work.

What I have received (rides, meals, patience, a bed, a second chance)	How I can pass it on

My one marked act of service: _____ Day I will do it: _____

Homework: do the one marked act this week, on the day you named. Write two lines about it: what you did, and what it was like to be the giver.

My Service Post

From Session 38. Good intentions wander. Posts get manned.

Name: _____ **Date:** _____

A post has four parts: a task somebody genuinely needs done, a person whose name is attached to the need, a schedule the house can count on, and a length of service short enough to keep — a season, not a life sentence.

My post	My answer
Task	
Place	
Day	
Duration (a season)	
Confirming name (the person who named the need)	

My post in one line (task, place, day, confirming person):

_____

_____

- ☐ The need is real — I asked, I did not assume.
- ☐ The size is keepable.
- ☐ It does not collide with work, meetings, or the 90-day plan.

Homework: ask your confirming person this week and get a yes, a no, or a better assignment. Bring the final post card to the next session, confirmed by the person who named the need.

NEW DAY RECOVERY
Session 45 Handout

Peer Bright Lines

From Session 45. A peer is a witness and a companion — not a counselor, not staff, and never a secret-keeper from the care team.

Name: _____ **Date:** _____

What a peer never does: counsel, give medication advice, discipline, keep secrets from staff. Confidentiality has the same edges as the group agreements: danger to self or others, abuse or neglect, and anything the program must know goes to staff — and the peer says so before the disclosure, not after.

Who I report to: _____

Situation	Inside the role / Outside the role / Escalate now	The sentence I would use
A peer asks your opinion of their medication dose.		
A participant confides a plan to use tonight.		
Someone asks you to keep a secret from staff.		
A participant asks you to lead tonight's group because staff are running late.		
A newcomer asks you to settle a house dispute.		
A peer asks you to hold their paycheck.		

A peer who learns of use, a plan to leave, or a safety issue and sits on it has not protected a friend; they have endangered one. Warm handoff, same day, every time: stay with the person, tell staff yourself the same day, and do not leave them alone with it.

Homework: write the peer role's bright lines in your own words — what I do, what I never do, who I report to.

NEW DAY RECOVERY
Session 46 Handout

Listening Like a Leader

From Session 46. Questions open; verdicts close.

Name: _____ **Date:** _____

The three peer listening moves

- **Open question — cannot be answered yes or no. "What is the hardest part of tonight for you?"**1. Ask:
- **Reflection — hand their meaning back slightly clearer. "So the cravings hit hardest after your brother calls."**2. Reflect:
- **Summary — let them hear their own reasons for change. End with their next step in their sentence: "So tonight you will call your sponsor before dinner — did I get that right?"**3. Summarize:

The opposite is the righting reflex: it argues, warns, and fixes — and reliably produces a defense of the very behavior it attacks. In a peer conversation: no advice, no story-swapping.

My conversation log

The best reflection I offered:

The next step they named, in their words (with their permission):

Homework: hold one real peer conversation this week using the three moves.

Leading the Room: Open, Hold, Close

From Session 51. Leading a room is open, hold, and close — structure, not talking.

Name: _____ **Date:** _____

The structure

- **Purpose, agreements, check-in.**Open:
- **One voice at a time; draw out a quiet member without putting them on the spot.**Hold:
- **On time, with a one-sentence summary and a bridge to the next thing.**Close:

The agreements lead; you enforce. Every intervention points at an agreement the room already made: “Hold on — one voice at a time; that’s our agreement.” Invite; never corner. Ending well is a form of respect the room can feel.

My opening script

Purpose sentence:

The two agreements I would name:

My first check-in question:

My closing summary sentence

Feedback uses the observation–impact–request pattern.

The Helper's Charter

From Session 52. Supervision is not a report; it is a guardrail.

Name: _____ **Date:** _____

Run your Session 28 chain on helper triggers: praise, being needed, a mentee's crisis, a compliment from staff. The stages are identical; only the costumes are better. Mark the earliest interruption point on your Warning-Sign Chain (Sessions 28 & 30 handout).

My helper's charter	My answer
My supervision rhythm	
My non-negotiable disciplines (my own meetings and plan)	
The person who can tell me no	
My weekly self-check day	

Their assignment: watch your load and your light, and speak when either dims. Your assignment: obey first, argue later.

Witnessed by (partner signature): _____ Date: _____

Homework: hold the first supervision or mentor conversation under your charter this week — even if it is fifteen minutes. Report at the next check-in: the day it happened and one thing it surfaced.

NEW DAY RECOVERY
Session 53 Handout

My Compass Sentence

From Session 53. Purpose is a direction, not a destination.

Name: _____ **Date:** _____

For example: “I am a person who steadies younger people in early recovery while I build a trade with my hands.” It can be carried into any job, town, or season — and revised as you grow.

Ingredient	My words
Who benefits	
What I actually do	
Toward what end	

My compass sentence:

The calendar test

Purpose is audited in hours, not intentions.

One hour last week that matched it:

One hour next week that will:

Homework: live one deliberate hour this week inside your compass sentence — scheduled, not accidental. Write two lines: the hour, and what it felt like to be on-purpose on purpose.

NEW DAY RECOVERY
Session 54 Handout

My First-Target Job List

From Session 54. The right first job is the one you can still be doing in ninety days.

Name: _____ **Date:** _____

Start where you can be kept: within your transportation, inside your physical limits, clear of your highest-risk people and places. A smaller job kept beats a bigger job lost loudly.

Target job	The way in (a name, a place, an application)

The schedule test — for my top target

Test	My answer
Shifts against meetings	
Sleep	
Transportation	
The 90-day plan	

Every workplace has a chain — payday people, after-shift rituals, the coworker who uses. Pre-decide your exits the way Session 29 taught: if–then, written, with a person attached.

Homework: take one real step toward the top target this week — the application, the visit, the call — and write down the name of the human you dealt with.

The Honest Application

From Session 55. Brief, factual, forward.

Name: _____ Date: _____

The pattern for any record answer: what it was, in one clause; when, in one date; what has changed, in evidence — then stop. Over-explaining reads as either hiding or pleading; the pattern reads as done.

My three hard answers — one clause, one date, evidence of change, stop

My record:

My gap (a gap filled by treatment, this program, caregiving, or work search is an answer, not an apology):

Why you should hire me:

My three references — asked, never assumed

Every reference is a person who said yes, knows what job I am seeking, and can speak to recent, specific evidence.

1. _____ (asked on: _____) 2. _____ (asked on: _____) 3. _____ (asked on: _____)

What I will never do in a job search: lie on a form, borrow a history, hide what a background check will find anyway.

Homework: write the other two hard answers in your workbook, using the same pattern. Ask your three references this week — actually ask, and record the yes with the date.

Keeping the Job

From Session 56. Getting hired is a door. Keeping the job is a house you build one ordinary shift at a time.

Name: _____ **Date:** _____

The five keeping habits: early — early enough that traffic cannot fire you; ready — tools and a clear head; steady — steady in mood on bad-news days; honest — honest about mistakes the same shift they happen; teachable — corrected without a speech.

My historical weak one: _____

My risk-pattern map — one lost job, in four beats

Beat	What happened
The first small sign	
The rationalization	
The point of no return	
The ending	

Earliest beat where a keeping habit would have interrupted it:

_____

My if–then, in the Session 29 format: _____

- ☐ Night-before station set up this week — one place for clothes, keys, and work gear.
- ☐ My payday protocol is on a card, and a copy went to my accountability partner.

Testing a Vocation

From Session 57. A job feeds you this month. A vocation feeds the life.

Name: _____ **Date:** _____

Job (what pays) / career (what builds) / vocation (what fits the compass sentence). A no can be obedience: declining the wrong good offer is a vocational skill.

My opportunity: _____

Fit: does it use my real strengths?	Sustainability: can my body, schedule, and household carry it for a year?	Risk: what are its chains — people, places, paydays?	Direction: does it move along my compass sentence, or merely pay more to stand still?

Score each column with evidence, not feelings — a schedule, a name, a number.

My next capability (the certificate, the license, the skill, the supervised hours):

Its first step, with a date:

Homework: take the capability's first step this week — the call, the catalog, the enrollment question, the conversation — and write the name of the human you dealt with and what they said.

My 48-Hour Protocol Card

From Session 58. A lost job in recovery is a problem to solve with the care team within forty-eight hours. Tell before you spiral.

Name: _____ **Date:** _____

An event is not a verdict: “I lost a job” is a fact. “No one will ever hire me” is a prediction wearing a fact’s clothes. The record of kept shifts, kept commitments, and this program is evidence, and evidence outranks 2 a.m.

My four calls, in order

Call	Name
1. Accountability partner	
2. Sponsor or mentor	
3. Program Director or care contact	
4. One reference	

Stabilize the week

Meetings: _____ Sleep: _____ House routine: _____

Restart — three steps inside seven days

Restart step	Date
File what must be filed	
Contact two names from my first-target list (Session 54)	
Take one interim shift, post, or service day	

Homework: give a copy of your protocol card to your accountability partner this week and tell them what it is for: “If I lose work, this is my first forty-eight hours. Ask me about step one.” File the original in your workbook.

Roster Sheet — Attendance & Craving Scores

Phase (circle): 1 2 3 4 5 **Site (circle):** Senath **Facilitator:** _____

Mark each session: P = present • L = late (write arrival time) • A = absent • M = made up. Write the craving score (0–10) from check-in under the mark. Phase complete = at least 8 of 9 attended or made up in Phases 1–4, or at least 22 of 24 in Phase 5, phase product finished, core skill stated. Store with program records under the program's confidentiality policy.

Name	S1	S2	S3	S4	S5	S6	S7	S8	S9	Done ☐
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										

Notes on attendance — late arrivals, makeups booked, care-coordination follow-ups (names & dates):

Group Session Notes

Date: _____ Session # & title: _____

Facilitator(s): _____ Present: _____ Late: _____ Absent: _____

Craving scores at check-in — range: _____ to **_____ Any 9–10? Action taken: _____**

Topics covered — objectives taught as written? Adapted? (what & why):

How the group worked — general participation, skill practice done in full? (general terms only — no personal disclosures word-for-word):

Plans made & homework given:

Referrals & follow-ups — who, to whom, same-day handoff done?

Safety / incidents — facts only: what was seen or said, who was told, when, and the outcome (☐ none):

Facilitator signature: _____

Individual Notes

One sheet per participant. Print more as needed. Write facts, plans, and follow-ups — not labels or guesses. Store with program records under the program's confidentiality policy, including 42 CFR Part 2 where it applies.

Participant: _____ Phase: _____

Coach / facilitator: _____ Start date: _____

Strengths & supports I can build on:

Goals & plans we are working on (with dates):

Session-by-session notes — date, what was worked on, plan made, follow-up owed:

Safety, referrals & follow-ups — what, to whom, when, outcome:

Phase product check — Safety Plan ☐ Thought Records (3) ☐ Amends reviewed ☐ Chain & Return Card ☐ 90-Day Plan ☐ Giving Back Plan ☐

Individual Notes

One sheet per participant. Print more as needed. Write facts, plans, and follow-ups — not labels or guesses. Store with program records under the program's confidentiality policy, including 42 CFR Part 2 where it applies.

Participant: _____ Phase: _____

Coach / facilitator: _____ Start date: _____

Strengths & supports I can build on:

Goals & plans we are working on (with dates):

Session-by-session notes — date, what was worked on, plan made, follow-up owed:

Safety, referrals & follow-ups — what, to whom, when, outcome:

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Individual Notes

One sheet per participant. Print more as needed. Write facts, plans, and follow-ups — not labels or guesses. Store with program records under the program's confidentiality policy, including 42 CFR Part 2 where it applies.

Participant: _____ Phase: _____

Coach / facilitator: _____ Start date: _____

Strengths & supports I can build on:

Goals & plans we are working on (with dates):

Session-by-session notes — date, what was worked on, plan made, follow-up owed:

Safety, referrals & follow-ups — what, to whom, when, outcome:

Phase product check — Safety Plan ☐ Thought Records (3) ☐ Amends reviewed ☐ Chain & Return Card ☐ 90-Day Plan ☐ Giving Back Plan ☐

On Request Only

Note for facilitators

The handout in this section is scripture and faith teaching, not an evidence-based skill worksheet, so it is kept separate from the session handouts in the rest of this packet. Give it out only when a participant asks for it, outside required session time, and never present it as required work or as a condition of participation or services.

Optional — available on request only. Never required, never a condition of participation or services, and never delivered as part of required session time.

NEW DAY RECOVERY

On-Request Handout

Spiritual Practices — What They Look Like



These are available practices. Each one is a real thing you do with your body, your voice, or your people — and each one also steadies the body and mind. Both things are true at the same time.

Name: _____ **Date:** _____

Optional — available on request only. Never required, never a condition of participation or services, and never delivered as part of required session time.

Quiet prayer (centering prayer) — *this practice looks like this:* You sit still for two to five minutes, repeat a short phrase from Scripture, and come back to the phrase each time your mind runs off. It slows your breathing and settles a racing mind, the way quiet meditation does.

Anchor: Psalm 46:10 (KJV)

Praying out loud for people — *this practice looks like this:* You name real people and real needs out loud — then you make the call, send the message, or show up. It turns worry into contact with people who can actually help.

Anchor: Philippians 4:6 (KJV)

Reading one verse slowly, morning and night — *this practice looks like this:* One verse, all week. Write it on a card, carry it, and say it out loud when a lying thought shows up. It gives your mind a truer sentence to run instead of the old one.

Anchor: Joshua 1:8 (KJV)

Slow devotional reading — *this practice looks like this:* Read a short passage four times, slowly. Write one sentence about what it asks of you today. It helps you hear what the words mean for your own life.

Anchor: Psalm 1:2 (KJV)

Telling the truth (confession) — *this practice looks like this:* You tell the truth out loud — to God, and to one safe person — about one thing, with no excuses. Secrets feed shame. Truth told to a safe person makes shame smaller.

Anchor: James 5:16 (KJV)

Turning around (repentance) — *this practice looks like this:* You name the turn in one sentence and take one small, dated step in the new direction this week. A small step you can see proves the turn is real.

Anchor: Acts 3:19 (KJV)

Forgiving — *this practice looks like this:* You work the hurt in steps, choose to let go of collecting the debt, and say that choice out loud. Letting go of a debt you cannot collect frees your own heart first.

Anchor: Ephesians 4:32 (KJV)

Thanksgiving — *this practice looks like this:* You name three specific gifts from the last 24 hours, in prayer and on paper. Naming good things on purpose trains your eyes to find them.

Anchor: 1 Thessalonians 5:18 (KJV)

Honest sorrow (lament) — *this practice looks like this:* You pray the pain as it is, in plain words, and stop there. Nobody has to fix it or explain it. Saying pain out loud, as it is, is how grief moves instead of hiding.

Anchor: Psalm 13 (KJV)

Spiritual Practices — What They Look Like

Name: _____ **Date:** _____

Optional — available on request only. Never required, never a condition of participation or services, and never delivered as part of required session time.

Singing (worship) — *this practice looks like this:* Singing on your own, in private, only if you ask for it — never required, and never led in group. Singing privately can steady the body and mind.

Anchor: Psalm 95:1 (KJV)

Being together (fellowship) — *this practice looks like this:* Shared meals, shared rides, a phone list that gets used, and people who call when a chair is empty. People who notice you — and who you notice back — hold recovery up.

Anchor: Acts 2:46 (KJV)

Helping others (service) — *this practice looks like this:* You set up the room, make the coffee, drive someone to an appointment, or stack the chairs — on schedule. Helping someone else is good work for a mind stuck on itself.

Anchor: Galatians 5:13 (KJV)

Telling your story (testimony) — *this practice looks like this:* Three minutes, three parts: what it was like, what happened, what it is like now. No graphic details. Your story, told true, gives someone else a picture of a way out.

Anchor: Psalm 66:16 (KJV)

Evening look-back (examen) — *this practice looks like this:* Five quiet minutes at night: where did I drift, where did I do right, what is tomorrow's first step? A short daily look-back catches small problems while they are still small.

Anchor: Psalm 139:23 (KJV)

Real rest (Sabbath) — *this practice looks like this:* A planned stop at the same time each week: phone down, work closed, a meal, a nap, a walk. Rest you plan and protect keeps a tired body from making tired choices.

Anchor: Exodus 20:8 (KJV)

Time alone in a safe place — *this practice looks like this:* You leave the people and the phone behind for one set hour. Someone you trust knows where you are and when you will be back. Stepping away from a tempting place breaks a craving's run.

Anchor: Mark 1:35 (KJV)

Fasting — only by choice, with approval — *this practice looks like this:* Only if you choose it, a leader approves it, and a medical provider clears it: you skip a meal and let the hunger remind you to pray. Never assigned. Never required. Going without on purpose, safely, can build patience with hard feelings.

Anchor: Matthew 6:17–18 (KJV)

> *"Be still, and know that I am God."* **— Psalm 46:10 (KJV)**