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:

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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:

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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.