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.