NEW DAY RECOVERY
Session 52 Handout

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.