NEW DAY RECOVERY
Session 58 Handout

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.