# Session 9: Safe Community: Nobody Recovers Alone

PHASE 1 — FOUNDATION: SURRENDER AND STABILIZATION (WEEKS 1–2) · WEEK 2 — STABILIZATION

**Date: _____ My craving today (0–10): _____ One word for my week: _____**

*Handout for this session: the Session 9 handout (My Support Map) — in the Handouts Packet.*

## What we're learning

Addiction pulls us away from people. We hide, we use alone, and alone becomes normal. Recovery works the other way. We build a small, steady web of people on purpose: a coach or counselor, peers in this program, recovery meetings, a support community you choose, and family where it is safe. When one person falls, the others lift them up. Nobody in this program has to recover alone — and nobody has to lift alone either.

- Build before the fall Crisis is the worst time to exchange phone numbers. Every plan in this curriculum assumes people already in place.
- Small and reliable beats large and vague Three people who answer beat thirty acquaintances who inspire. We build depth first.
- You are also a lifter Even in Week 2, participants have something to give — a ride, a check-in text, a seat saved. Being needed is itself protective against relapse.
- Community is not a performance Connecting to a community (Session 34 builds the plan) starts with showing up as we are; the communities in this work expect people in process.

The Session 4 handout (Medication Support — MAT Facts) is the program's medication facts sheet: ask your facilitator for it, and take medication questions to your prescriber. Alcohol-use medications (naltrexone/acamprosate) are prescriber decisions, like all medication decisions in this program.

- Many pathways, real choices — Recovery communities include 12-step meetings and non-12-step and secular options — SMART Recovery, LifeRing, Women for Sobriety, and secular meetings — all real choices. Your plan in Session 34 names the communities you will actually attend.

## Goals for this session

☐ I can map my current relationships into supportive, neutral, and risky

☐ I can explain what makes a recovery relationship safe — honesty, availability, shared direction

☐ I can commit to two specific community connections for the coming week

## Check-in

*Who lifted you the last time you fell — and who in your life right now would you actually call at your worst moment?*

## Discussion — write your answers

*Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.*

**1. Who is on your map in each circle — supportive, neutral, risky — and does the map surprise you?**

**2. What has kept you from accepting community in the past: shame, pride, bad experiences, fear of owing anyone?**

**3. What makes you feel safe enough to be honest with someone?**

**4. Which two connections will you make this week, and exactly when?**

## Session 9 — Skill Practice

Participants draw their three-circle map in workbooks. Then a structured exchange: in pairs, each person offers one specific, low-cost way they can be a lifter this week (morning text, walk partner, meeting ride) and schedules it.

**One specific way I can be a "lifter" for someone else this week:**

**My two connections — who, when, and how I will reach them:**

## My takeaway

*The one thing from this session I most need to remember — in my own words:*

## Homework — this week's application

☐ Make your two connections. At least one must happen before the next session. Write who, when, and how it went in your workbook — including if it fell through and what you did instead.

**Space to do the homework and note how it went:**

*An optional Scripture handout for this session is available from your facilitator on request.*

# Phase 1 Check-In

## Phase 1 — Foundation: Surrender and Stabilization (Weeks 1–2)

**Two weeks in, and you are still standing. Name what held. That ground is yours now.**

*Do not grade the fight. Report it honestly — where you held, where you got hit, and what you need for the next round. Honest is how warriors do an after-action review.*

**Where I was when this phase began:**

**Where I am now:**

**The fight in this phase — where I held, and where I got hit:**

**What I still need:**

## My phase progress — honest self-check

*Phase completion in this program means: I attended at least 8 of this phase's 9 sessions (or made them up with my facilitator), my phase product is complete, and I can state the phase's core skill in my own words. Sessions and homework from before a participant entered do not count as outstanding. The phase count runs from the sessions you attend after entry: attend at least 8 of 9 sessions in Phases 1–4, or at least 22 of 24 in Phase 5, counting attended sessions plus facilitator-assigned makeups (attending the session in a later rotation or completing the facilitator-assigned equivalent), with any remaining gap carried in a completion plan set with the Program Director — never exclusion.*

- ☐ Session 1: Surrender Is Not Giving Up — attended ☐ / made up ☐
- ☐ Session 2: Honesty: Naming What Is True — attended ☐ / made up ☐
- ☐ Session 3: Two Ways of Being Lost — attended ☐ / made up ☐
- ☐ Session 4: The Addiction Cycle — attended ☐ / made up ☐
- ☐ Session 5: Triggers: People, Places, Things, and Feelings — attended ☐ / made up ☐
- ☐ Session 6: Riding the Wave: Cravings Have a Beginning, a Middle, and an End — attended ☐ / made up ☐
- ☐ Session 7: A Day That Holds You: Structure, Sleep, and HALT — attended ☐ / made up ☐
- ☐ Session 8: My Crisis and Safety Plan: Written Before I Need It — attended ☐ / made up ☐
- ☐ Session 9: Safe Community: Nobody Recovers Alone — attended ☐ / made up ☐
- ☐ Phase product complete: My completed Personal Crisis / Safety Plan (Session 8)

**The core skill of this phase, in my own words:**

*Program wording: steadying myself and asking for help early, using my Crisis and Safety Plan. Now say it your way:*

**One thing I am grateful for at the end of this phase:**

**One thing I am asking for help with in the next phase:**

# Phase 2 — Healing: Mind, Heart, and Past (Weeks 2–4)

***Facing the past is combat nobody sees. No crowd. No credit. You are doing it anyway — and that is where the healing fight is won.***

