Session 25: Work and Purpose

Phase 3 — Rebuilding: Relationships and Life (Weeks 4–6) · Week 5 — A Life Worth Living

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

Handout for this session: the Session 25 handout (My Work Step) — in the Handouts Packet.

What we're learning

Work carries three things at once: income, structure, and identity. It is also where shame speaks loudly — gaps, firings, records, licenses lost. This session refuses both despair and fantasy. We take an honest inventory: skills from every chapter of life count, and gaps get named plainly. Then each person leaves with one small, real 14-day step — documents, a workforce-center visit, applications, a class, a service commitment, or one honest conversation. Unpaid care, seasonal work, volunteer hours, and getting steady first all count as purpose work here.

- Calling is bigger than a job, and smaller than we fear It shows up as the next faithful work in front of us, done well — not only as a destiny we must discover before we may begin.
- Survival skills translate Resourcefulness, reading people, endurance, improvisation under pressure — named honestly, these become interview language and real assets, without romanticizing the life that taught them.
- Structure is relapse prevention Employed and purposefully occupied hours are hours the old cycle cannot easily claim; idle drift was Week 2's warning, and work is one of its main answers.
- Setbacks at work are data, not doom A lost job in recovery is a problem to solve with the care team within 48 hours — the danger is the silent spiral after it, which every plan in this program is built to interrupt.

Goals for this session

☐ I can assess where I stand on the work path — not ready, preparing, seeking, employed — without comparison to others in the room

☐ I can name transferable strengths from my whole history, including survival skills reframed honestly

☐ I can set one 14-day work step sized to my stage

Check-in

What work — paid, unpaid, or long ago — have you ever done where you lost track of time because you were good at it and it mattered?

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. Which stage are you honestly in — and what has kept you from saying so?

2. Name two transferable strengths and the real-life evidence for each.

3. What is the actual logistical barrier in front of you (documents, transport, record, health, schedule) — stated as a problem to solve?

4. What is your 14-day step, and who will you report it to?

Session 25 — Skill Practice

Strengths-and-Step workshop: each participant writes two strengths with evidence lines, names their stage and their barrier, and drafts a 14-day step (examples: obtain ID or documents, one workforce-center visit, two applications, a service commitment of set hours, a skills class enrollment, a conversation with an employer). Pairs review steps for size — completable in 14 days — and for a named report-back person. The third strength, with its evidence line, is homework.

One strength — and the evidence for it:

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My stage and my biggest barrier, in plain words:

My 14-day step (small, real, dated):

My takeaway

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

Homework — this week's application

☐ Write the third strength with its evidence line. Complete the 14-day step and report it to your named person, done or honestly not done with the obstacle named. Bring one line about it to Session 28 — this feeds your purpose plan in Week 7.

Space to do the homework and note how it went:

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