Session 52: The Helper's Own Recovery: Staying Grounded While You Help

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 2 — Mentoring & Leadership

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

Handout for this session: the Session 52 handout (The Helper's Charter) — in the Handouts Packet.

What we're learning

Helpers relapse in a recognizable order: first the helper's own disciplines thin out — meetings skipped to cover for others, check-ins performed instead of answered, rest postponed for a season that never ends. Then comes the special chain Session 43 named: hiding inside usefulness. The guardrails are structural, not motivational: supervision you actually attend, a plan that still has your name on it, and one named person licensed by you, in advance, to say 'you are doing too much' and be obeyed.

- Your chain is still your chain Run Session 28's chain on helper triggers: praise, being needed, a mentee's crisis, a compliment from staff. The stages are identical; only the costumes are better.
- Supervision is not a report; it is a guardrail A helper meets their supervisor or mentor on schedule whether or not there is a problem to report. The meeting that only happens in crisis is not supervision; it is an ambulance.
- Someone must be able to tell you no Name the person today, out loud, in this room. Their assignment: watch your load and your light, and speak when either dims. Your assignment: obey first, argue later.

Goals for this session

☐ I can run my own warning-sign chain (Session 28) on helper-specific triggers

☐ I can state my non-negotiables as a helper: supervision, my own meetings and plan, one person who can tell me no

☐ I can write a helper's self-check I will run weekly

Check-in

Since you started helping others, what part of your own recovery has quietly gotten thinner — sleep, meetings, honesty, rest?

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 of your disciplines thinned first when you began helping — and who noticed before you did?

2. What praise or usefulness has become hard for you to imagine living without?

3. Who is your named person? Say the name aloud. Have you actually given them the assignment?

4. Who is your named person, and have you actually given them the assignment? What day is your weekly self-check?

Session 52 — Skill Practice

Helper's chain and charter (solo, then pairs): using Appendix C, each person maps their warning-sign chain with helper-specific triggers and marks the earliest interruption point. Then each writes a helper's charter in the workbook: my supervision rhythm, my non-negotiable disciplines, my named person, my weekly self-check day. Partners exchange charters and witness them with a signature and the date.

My warning-sign chain with helper-specific triggers, and the earliest interruption point:

My helper's charter — supervision rhythm, non-negotiable disciplines, named person, weekly self-check day:

My charter witness — partner signature and date:

My takeaway

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

Homework — this week's application

☐ 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.

Space to do the homework and note how it went:

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

Block 3 — Purpose & Vocation (Sessions 53–60)