Session 58: Setbacks at Work: Losing, Leaving, and Starting Again

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 3 — Purpose & Vocation

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

Handout for this session: the Session 58 handout (My 48-Hour Protocol Card) — in the Handouts Packet.

What we're learning

A lost job in recovery is a problem to solve with the care team within forty-eight hours; the danger is the silent spiral after it — shame doing arithmetic at 2 a.m., structure collapsing by the weekend, the old phone numbers starting to look like a plan. The protocol is deliberately boring: tell your people the same day, stabilize the week (meetings, sleep, the house routine), and write the restart — three steps, dated, starting with the references and evidence you built in Sessions 55 and 56, which a lost job does not erase.

- An event is not a verdict Put the thought on trial (Sessions 10–11): '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.
- Tell before you spiral The call list is pre-written: accountability partner, sponsor or mentor, Program Director or care contact, one reference who will hear it as news and not as doom. Silence is the spiral's favorite room; the calls break it up within a day.
- Restart small, restart dated Three steps inside seven days: file what must be filed, contact two names from the first-target list (Session 54), take one interim shift, post, or service day to keep the week's structure standing while the search runs.

Goals for this session

☐ I can run the 48-hour protocol for a job setback: tell, stabilize, plan

☐ I can separate the event (a job ended) from the verdict (I am finished) using Session 10's thought work

☐ I can draft a restart plan with the first three steps and my dates

Check-in

What did losing a job used to start in you — the first thought, the first call, the first day? Walk it honestly.

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. Read your 2 a.m. thought aloud. What is the evidence against it, item by item?

2. Who are your four calls, by name? Which one would you most want to skip — and why is that one mandatory?

3. What interim structure — service post, house duty, day labor, training — would you take in week one? Name it now, while you do not need it.

4. Who are your four calls, in order, and which one would you most want to skip?

Session 58 — Skill Practice

The 48-hour drill (solo writing, then pairs): each person writes their personal protocol card — the four calls in order, the stabilize list (meetings, sleep, house routine), and three restart steps with blank dates to be filled the day they are needed. Partners review for realism: are the names real, the steps dated inside seven days, the interim structure named? Revise until the partner would trust the card at 2 a.m.

My 48-hour protocol card — four calls in order, stabilize list, three restart steps:

My interim structure for week one, named now:

My takeaway

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

Homework — this week's application

☐ 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.

Space to do the homework and note how it went:

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