CONNECTED
ADDICTION RECOVERY
Connect Before You Act

WE CHOOSE • WE RESPOND • WE UNDERSTAND • WE CONNECT • WE RELEASE

Nine-Process Participant Syllabus

CONNECTED Addiction Recovery

CONNECTED Addiction Recovery is a practical nine-process approach to changing addictive patterns and building a healthier way of living. Recovery is more than abstinence: it means noticing what is happening, understanding the need beneath a behavior, honestly evaluating whether the response is working, connecting with safe support, choosing a workable next action, repairing harm when it can be done safely, and releasing shame while retaining accountability. Connection is encouraged and personally defined; it may be spiritual, relational, community-based, or another source of meaning and support. The process emphasizes awareness, ownership, self-discovery, honesty, change, accountability, repair, daily evaluation, growth, and service—and is practiced repeatedly, one choice at a time.

CONNECTED: The Nine-Step Path

Letter	CONNECTED step	Focus	Practice question
C	Choice & Awareness	Recognize the pattern, its short-term benefits, its costs, and where help is needed.	What is happening, and what help do I need?
O	Openness & Ownership	Open to hope and support; own the next constructive action without turning responsibility into self-blame.	What am I willing to trust, seek, and do?
N	Needs & Self-Discovery	Identify the needs, fears, resentments, strengths, and experiences connected to the behavior.	What need am I trying to meet, and what is the cost?
N	Naming & Honesty	Name patterns honestly with yourself and, when appropriate, a safe Anchor or chosen connection.	What truth am I ready to acknowledge safely?
E	Empowerment & Change	Evaluate what is working, build new responses, and practice a realistic alternative.	Is what I am doing working, and what can I try instead?
C	Connection & Accountability	Understand effects on others, use healthy boundaries, accept responsibility, and prepare appropriate repair.	Whom have I affected, and what responsibility is mine?
T	Transformation & Repair	Turn insight into behavior change and make safe repairs without causing additional harm.	What concrete repair can I make without causing more harm?

Letter	CONNECTED step	Focus	Practice question
E	Evaluation & Maintenance	Review daily choices, correct mistakes promptly, strengthen Connection, and maintain recovery practices.	How did my choices work today, and what needs correction?
D	Daily Growth & Service	Live the principles each day, protect recovery, build a meaningful life, and support others without controlling them.	How can I grow and give back while protecting recovery?

The CONNECTED nine-process pathway

1. Choice & Awareness

Recognize the addictive pattern, its short-term benefits, costs, and limits of personal control.

2. Openness & Ownership

Allow hope and support, choose a direction, and take responsibility for next actions without self-blame.

3. Needs & Self-Discovery

Explore personal inventory, unmet needs, resentments, fears, strengths, harms, and the role of addictive behavior.

4. Naming & Honesty

Acknowledge patterns with oneself and a safe Anchor, peer, counselor, or chosen connection; protect privacy.

5. Empowerment & Change

Develop willingness, humility, and new coping responses; ask for support in changing unhelpful habits.

6. Connection & Accountability

Recognize effects on others, identify boundaries, and list appropriate repairs without forcing contact.

7. Transformation & Repair

Make appropriate and safe amends, restitution, and behavior changes; release shame without denying consequences.

8. Evaluation & Maintenance

Continue daily inventory, promptly correct mistakes, strengthen chosen Connection, and sustain self-awareness.

9. Daily Growth & Service

Live the principles, support others without controlling them, and build a balanced, meaningful life.

Nine-week syllabus

Week 1 — Choice & Awareness

Guiding question: What is happening, and what help do I need?

Focus: Recognize the addictive pattern, its short-term benefits, costs, and limits of personal control.

Practice tool: Cost-benefit analysis; behavior impact inventory

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 2 — Openness & Ownership

Guiding question: What am I willing to trust, seek, and do?

Focus: Allow hope and support, choose a direction, and take responsibility for next actions without self-blame.

Practice tool: Recovery compass; connection map

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 3 — Needs & Self-Discovery

Guiding question: What need am I trying to meet, and what is the cost?

Focus: Explore personal inventory, unmet needs, resentments, fears, strengths, harms, and the role of addictive behavior.

Practice tool: Five-needs inventory; ABC analysis

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 4 — Naming & Honesty

Guiding question: What truth am I ready to acknowledge safely?

Focus: Acknowledge patterns with oneself and a safe Anchor, peer, counselor, or chosen connection; protect privacy.

Practice tool: Pattern map; voluntary action-oriented sharing

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 5 — Empowerment & Change

Guiding question: Is what I am doing working, and what can I try instead?

Focus: Develop willingness, humility, and new coping responses; ask for support in changing unhelpful habits.

Practice tool: WDEP; STOPP; urge plan

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 6 — Connection & Accountability

Guiding question: Whom have I affected, and what responsibility is mine?

Focus: Recognize effects on others, identify boundaries, and list appropriate repairs without forcing contact.

Practice tool: Relationship impact inventory; repair readiness

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 7 — Transformation & Repair

Guiding question: What concrete repair can I make without causing more harm?

Focus: Make appropriate and safe amends, restitution, and behavior changes; release shame without denying consequences.

Practice tool: Safe repair plan; release exercise

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 8 — Evaluation & Maintenance

Guiding question: How did my choices work today, and what needs correction?

Focus: Continue daily inventory, promptly correct mistakes, strengthen chosen Connection, and sustain self-awareness.

Practice tool: Daily check-in; WDEP self-evaluation; Anchor contact

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Week 9 — Daily Growth & Service

Guiding question: How can I grow and give back while protecting recovery?

Focus: Live the principles, support others without controlling them, and build a balanced, meaningful life.

Practice tool: Life balance wheel; Eisenhower matrix; 90-day plan

Weekly practice: Share or privately reflect on a problem, your response, the result, and one next action. You always retain the right to pass.

Session format (60 minutes)

Opening reading (3 minutes); check-in and action sharing (12 minutes); prior-week reflection (7 minutes); weekly focus (10 minutes); practice tool (12 minutes); discussion/workbook (10 minutes); commitment and closing mantra (6 minutes).

Meeting closing mantra

Connect before you act.
We choose.
We respond.
We understand.
We connect.
We release.
And then we choose again.

Safety and scope: Peer education does not replace clinical treatment, medical withdrawal management, or crisis services. Disclosure is voluntary; direct amends must be safe and appropriate.

Important information about this peer led program

CONNECTED Addiction Recovery is a volunteer-facilitated peer education and mutual-support program. Facilitators are not acting as licensed mental-health, medical, or addiction-treatment professionals.

CONNECTED is independent of, and is not affiliated with, sponsored by, or endorsed by Alcoholics Anonymous (AA), or any other organization. We draw upon Cognitive Behavioral Therapy techniques.

Participation is voluntary. This program does not provide diagnosis, therapy, medical advice, detoxification, or crisis care, and is not a substitute for professional treatment. Seek qualified care for withdrawal, trauma, or urgent safety concerns.

Personal sharing is optional. Respect others' privacy; confidentiality cannot be guaranteed in a group setting. In an emergency, contact local emergency services.