CONNECTED
ADDICTION RECOVERY
Connect Before You Act

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

Session 2

Openness & Ownership

Participant workbook

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

Use these pages to understand the process, review a worked example, practise the tools, and choose one realistic next action with support.

Personal sharing is voluntary. You may write privately, use a fictional example, pass, or stop an exercise. Use roles or initials and keep your workbook securely.

Connect before you act.

The following pages retain the page numbers of the complete participant workbook.

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.

Choice privacy and support

You may pass, write privately, use a fictional example, keep your eyes open, or stop an exercise. Do not record or photograph others or repeat identifying details. Use roles or initials in these pages. Keep this workbook securely and choose what you share; facilitators do not need to collect it.

An Anchor is a trusted, consenting support person with agreed availability and boundaries. An Anchor is not an emergency service. Chosen Connection can be spiritual, relational, community-based, or another personally meaningful source of support.

When peer support is not enough

Seek qualified medical care for withdrawal concerns and qualified clinical care for trauma symptoms or worsening distress. If there is immediate danger or a medical emergency, contact local emergency services. Do not wait for an Anchor to respond.

The CONNECTED nine process pathway

Week	Process	Main practice
1	Choice & Awareness	Cost-benefit analysis and impact inventory
2	Openness & Ownership	Recovery compass and connection map
3	Needs & Self-Discovery	Five-needs inventory and ABC worksheet
4	Naming & Honesty	Pattern map and action-oriented sharing
5	Empowerment & Change	STOPP, WDEP, and an if-then urge plan
6	Connection & Accountability	Relationship impact inventory and repair readiness
7	Transformation & Repair	Safe repair plan and release exercise
8	Evaluation & Maintenance	Daily check-in, WDEP self-evaluation, and Anchor contact plan
9	Daily Growth & Service	Life-balance wheel, Eisenhower matrix, and 90-day plan

The two special topics deepen this same pathway: euphoric recall supports Sessions 1, 3, 5, and 8; trauma and present-moment coping support Sessions 3, 5, and 8. They do not add required sessions. Use the separate trauma companion for extended practice.

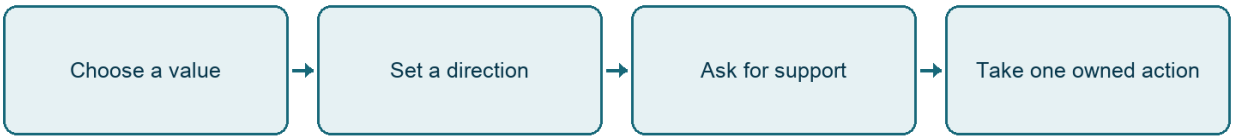
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Session 2 Openness & Ownership

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

Understand the process

Support does not require a particular spiritual or religious belief. Chosen Connection may be a person, community, spiritual practice, value, or source of meaning. Ownership means taking responsibility for the next workable action; it does not mean blaming yourself for every circumstance. A recovery compass points toward a value and a small behavior that expresses it.



Worked example

Riley values reliability and wants to keep a morning appointment. Their compass points to sleep, preparing transport, and contacting a peer tonight. Their trusted Anchor agrees to a brief evening check-in; a backup is a recovery meeting if that person is unavailable.

Try it this week

Ask permission for one specific support request. Record whether the arrangement worked and adjust the backup.

You may keep your work private, use a fictional example, or pass. The next pages are practice, not a test.

Session 2 Guided practice

Practice tools: Recovery compass and connection map

Recovery compass: what value do I want to move toward, and what action would show it?

[Type here] _____

_____

What is within my control today? What is outside my control?

[Type here] _____

_____

Connection map: list people, places, practices, and professional supports I could choose. Use roles or initials.

[Type here] _____

_____

My trusted Anchor: what makes this person safe, and what support will I ask for?

[Type here] _____

_____

Backup support and contact route: what will I do if my Anchor is unavailable?

[Type here] _____

_____

What contact times, privacy limits, and boundaries will we agree to?

[Type here] _____

_____

Session 2 Reflection and support

What happened or what problem am I working on?

[Type here] _____

What did I do, avoid, think, or feel in response?

[Type here] _____

What need, value, relief, connection, or outcome was I seeking?

[Type here] _____

What was the result for me and for others?

[Type here] _____

Is this response working? What might work better?

[Type here] _____

One realistic next action I am willing to take, and when:

[Type here] _____

Connection or Anchor or backup support I can use before I act:

[Type here] _____

What can I repair safely, learn from, or release?

[Type here] _____

Between-session practice: use problem → need → response → result → support → next action at least once. Record what you learn and revisit the plan without self-blame.

Daily practice and closing

Day	Tool or action tried	What helped or needs adjustment
1		
2		
3		
4		
5		
6		
7		

My next review date and one support request:

[Type here] _____

_____

Meeting closing mantra

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

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Further reading

SAMHSA Core Competencies for Peer Workers: https://www.samhsa.gov/substance-use/recovery/peer-support-workers/core-competencies

SAMHSA Trauma-Informed Approaches and Programs: https://www.samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs

VA National Center for PTSD EMDR for PTSD: https://www.ptsd.va.gov/understand_tx/emdr.asp