CONNECTED
ADDICTION RECOVERY
*Connect Before You Act*

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

**Session 7**

# Transformation & Repair

### Participant workbook

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

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.

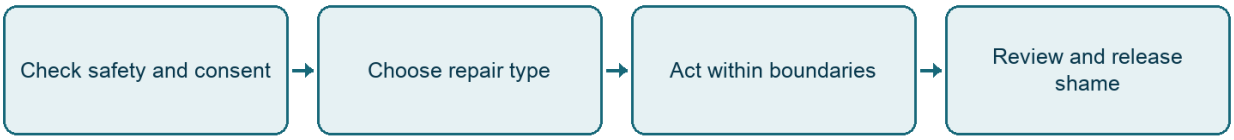
Fillable use: click a [Type here] area in Word to enter your response. Controls are unlocked and the document remains editable. You may also print the workbook and write on the lines. Add space as needed; do not include information you want to keep out of a saved file.

# Session 7 Transformation & Repair

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

## Understand the process

Repair turns insight into changed behavior. An apology names what you did without excuses; restitution addresses a loss when safe and feasible. Neither guarantees forgiveness. Indirect repair, delayed repair, or a no-contact behavior change may be the safer choice. Releasing shame means loosening a global self-condemnation while keeping responsibility and consequences in view.




## Worked example

Taylor damaged a shared item. A safe plan could acknowledge the damage, ask whether replacement is wanted, and agree on an affordable schedule. If contact would violate a boundary, Taylor does not send the apology; they work with appropriate guidance on an indirect action and stop the harmful behavior.

## Try it this week

Complete one safe behavior change or consult support about a repair plan. Review consequences without demanding relief.

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

## Session 7 Guided practice

Practice tools: Safe repair plan and release exercise

What behavior and harm am I taking responsibility for? What ongoing behavior must change first?

[Type here] _____

_____

Would contact risk more harm or violate a boundary? Who can help me assess this safely?

[Type here] _____

_____

Choose direct, indirect, delayed, or no-contact repair. Why is this appropriate now?

[Type here] _____

_____

My specific action, realistic resources, timing, and support are ____.

[Type here] _____

_____

If contact is safe and welcomed, draft an acknowledgment without excuses or a request for forgiveness. Do not send it in the exercise.

[Type here] _____

_____

Release exercise: “I am responsible for ____. I can learn by ____. I can let go of the label ____.”

[Type here] _____

_____

## Session 7 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