CONNECTED
ADDICTION RECOVERY
Connect Before You Act

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

Session 9

Daily Growth & Service

Participant workbook

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

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.

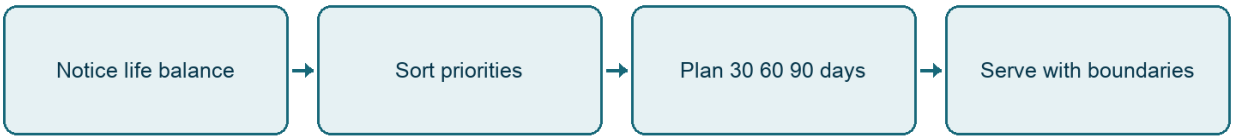
Fillable use: click a [Type here] area in Word to enter your response. Controls are unlocked and the document remains editable. You may also print the workbook and write on the lines. Add space as needed; do not include information you want to keep out of a saved file.

Session 9 Daily Growth & Service

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

Understand the process

A meaningful recovery lifestyle makes room for care, connection, responsibilities, rest, and enjoyment. A life-balance wheel shows where attention may help; equal scores are not required. The Eisenhower matrix separates importance from urgency. Service can be small and freely chosen. Support others with consent and boundaries rather than trying to control their recovery.



Priority matrix	Urgent	Less urgent
Important	Do now	Schedule
Less important	Ask for help or delegate when appropriate	Reduce or drop

Worked example

Drew rates rest and connection low. An urgent rent task is handled today; an important health appointment is scheduled; an optional favor is declined. Over 90 days, Drew chooses one weekly meal with a peer, a regular sleep routine, and a small volunteer task with a time limit.

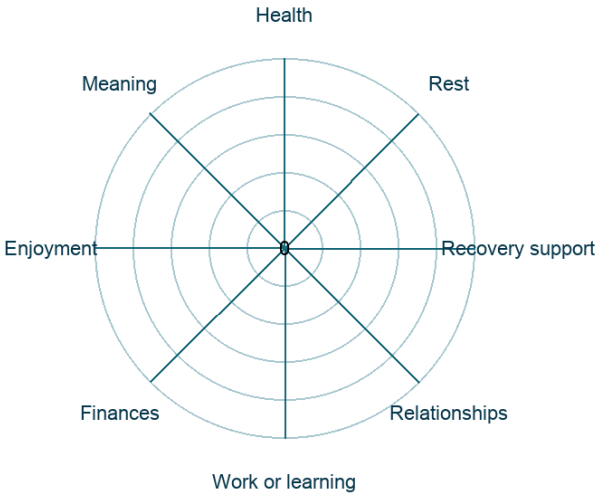
Try it this week

Set review dates at 30, 60, and 90 days. Share only the support request you want someone else to know.

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

Session 9 Guided practice

Practice tools: Life-balance wheel, Eisenhower matrix, and 90-day plan



Wheel scale: center 0, outer ring 5. Mark each area and connect the marks, or write the scores below.

Rate eight wheel areas from 0 to 5: health, rest, recovery support, relationships, work or learning, finances, enjoyment, and meaning. Which one needs a small change?

[Type here] _____

Eisenhower matrix: list one task each to do now, schedule, delegate or ask help with, and reduce or drop.

[Type here] _____

Days 1 to 30: one action, frequency, support person or role, and a realistic sign of progress.

[Type here] _____

Days 31 to 60: how will I review, adjust, and strengthen support?

[Type here] _____

Days 61 to 90: what will I maintain, and when will I review the next plan?

[Type here] _____

Service choice: what can I offer with consent, what is my time limit, and when will I step back?

[Type here] _____

Session 9 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