

THE RECOVERY DESK

PREMIUM EDITION

Across Generations

Family expectations, independence and household roles



Expanded guided resource

22 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original Across Generations resource is preserved and followed by 12 new guided-practice pages tailored to family expectations, independence and household roles.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

Culture can include family customs, migration history, language, faith, disability, gender roles, community ties, and the unwritten rules inside one household. These may differ even between relatives raised in the same home.

Use curiosity rather than assumptions. Ask the person how they describe their experiences and what they want. Family involvement and sharing information with relatives must respect consent and privacy.

A starting question

What matters most to each person about how we care for one another, and what would support look like without pressure or judgment?

This workbook includes

- The meaning underneath a disagreement
- Independence and responsibility
- Words across generations
- Household planning
- Choosing outside support
- Our shared agreement

LEARN / REFLECT / PLAN

We may want the same thing differently

A parent may value family unity while an adult child values privacy; either may also value the other. Ask what an action represents to them.

A KEY IDEA

Translate accusations into underlying needs. “You do not respect us” may reflect fear or loss of connection; do not presume this is always true.

A fictional example

A parent wants daily updates; an adult child wants weekly check-ins with control over private details.

Your reflections

What am I worried would happen if I gave ground?

What need might the other person be expressing?

ONE NEXT STEP

Propose one time-limited experiment.

LEARN / REFLECT / PLAN

Support versus control

Family members can share practical responsibilities while allowing an adult to choose care, contacts and information-sharing. Safety and legal duties vary by situation.

A KEY IDEA

Make requests concrete and voluntary. If someone is being threatened or controlled, prioritize independent advice and safety.

A fictional example

A son agrees to text when he arrives home but does not agree to GPS tracking.

Your reflections

Which requests are freely agreed to?

Which expectations involve surveillance or coercion?

ONE NEXT STEP

Write a mutual agreement that either person can revisit.