

THE RECOVERY DESK

PREMIUM EDITION

When Your Adult Child Struggles With Addiction

Care, limits and adult autonomy

Expanded guided resource

27 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 When Your Adult Child Struggles With Addiction resource is preserved and followed by 12 new guided-practice pages tailored to care, limits and adult autonomy.

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

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

FOR FAMILIES

You can offer support and set limits, but you cannot control another adult's decisions. Do not use this workbook to pressure disclosure, impose surveillance, demand reconciliation, or stay in an unsafe situation.

01 Recognize two adult roles

UNDERSTAND

You can care deeply for an adult child while recognizing that their treatment and life decisions belong to them. Parents can decide which resources, housing, or money they are able to provide.

EXAMPLE - FICTIONAL SITUATION

A parent offers groceries and transport but does not demand passwords or treatment reports in exchange.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What decisions belong to my adult child?

What help can I offer without becoming overwhelmed?

What would I like them to decide for themselves?

A SMALL ACTION YOU CAN CHOOSE

Write one offer that includes a genuine choice.

My exact next step, when I will try it, and the support I can request
