

THE RECOVERY DESK

PREMIUM EDITION

Caring for Yourself While Loving Someone With Addiction

Wellbeing, choice and sustainable support

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 Caring for Yourself While Loving Someone With Addiction resource is preserved and followed by 12 new guided-practice pages tailored to wellbeing, choice and sustainable support.

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 Name your own needs

UNDERSTAND

Your sleep, food, money, relationships, and health matter independently of a loved one's choices. Taking care of yourself is compatible with caring for another person.

EXAMPLE - FICTIONAL SITUATION

Someone notices they have skipped meals while monitoring a loved one and plans a regular lunch with a friend.

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.

Which basic need have I neglected?

What makes it hard to prioritize that need?

What would a small repair look like?

A SMALL ACTION YOU CAN CHOOSE

Choose one basic-need action today.

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