

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

# Dating Again in Recovery

A values-led workbook for relationships, boundaries, disclosure, and personal safety.

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Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

## START HERE

## How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

**BEFORE YOU BEGIN**

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

**YOUR CHOICES**

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

**MAKE THE RESULT USABLE**

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

## CHAPTER 1 / 5

## Choose what matters to you

There is no universal timeline for dating in recovery. Consider current needs, available support, what feels enjoyable, and any patterns you want to approach differently. Your relationship status is not a measure of recovery success.

### FICTIONAL EXAMPLE

Em wants companionship but also needs quiet evenings for sleep and appointments. Em decides to date slowly and keep existing routines.

### GUIDED REFLECTION

1. What are three qualities you hope to experience in a relationship?
2. What routine or relationship already deserves your time?
3. What pace currently feels manageable?

### YOUR PRACTICAL NEXT STEP

Make a personal values and time map.

## WORK IT THROUGH

## Choose what matters to you

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

### 1 What are three qualities you hope to experience in a relationship?

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### 2 What routine or relationship already deserves your time?

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### 3 What pace currently feels manageable?

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### PRACTICE / TAKE-HOME ACTION

Make a personal values and time map.

### My next action, who can help, and when I will review it

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## CHAPTER 2 / 5

## Spot pressure without diagnosing a person

Focus on observable behaviour: repeated disregard for a no, control of money or transport, pressure to disclose, or threats. Different people have different preferences; safety and consent remain essential. Avoid labeling a date based on one awkward interaction.

### FICTIONAL EXAMPLE

A date keeps asking for private recovery details after Morgan declines. Morgan ends the conversation and contacts a trusted friend.

### GUIDED REFLECTION

1. What behaviour would signal respect for a boundary?
2. What behaviour would prompt you to leave?
3. What safe exit or check-in can you arrange before a date?

### YOUR PRACTICAL NEXT STEP

Create a date safety and exit checklist.