

THE RECOVERY DESK

PREMIUM EDITION

Faith, Values & Recovery

Beliefs, privacy, spiritual resources and personal choice



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 Faith, Values & Recovery resource is preserved and followed by 12 new guided-practice pages tailored to beliefs, privacy, spiritual resources and personal choice.

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

- Belief mapping
- When beliefs conflict
- Faith community privacy
- Shared rituals
- Responding to shame
- Personal support plan

LEARN / REFLECT / PLAN

Where our beliefs meet and differ

Faith, spirituality, nonreligious values and cultural customs may shape how relatives explain problems and seek support. Differences exist within any tradition.

A KEY IDEA

Start by asking each person what is helpful rather than labelling their community. No spiritual or family practice should be forced.

A fictional example

One person finds prayer grounding, another prefers nature and peer support.

Your reflections

What practices give me strength?

Which practices do I not consent to?

ONE NEXT STEP

List two supports the person actually wants.

PRACTISE / COMMUNICATE

Respect without surrendering choice

A relative may think spiritual counsel should come first; another may prioritize clinical treatment. Families can acknowledge shared care without denying autonomy.

Possible wording to adapt

Recognize

I know our beliefs matter to you, and I hear that you want to help.

State need

I want to choose which supports I use, including professional care.

Invite

Can we agree not to pressure one another while we look for safe support?

Which decision belongs to the person seeking care?

What must not be delayed when there is a medical or safety concern?
