

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

The First 72 Hours After a Return to Use

A safety-first reflection and reconnection guide, not a home withdrawal or overdose-treatment manual.

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

Deal with immediate safety before reflection

If a person is unresponsive, breathing abnormally, or may be overdosing, call emergency services. Use naloxone if available and follow emergency guidance. Severe withdrawal, seizures, chest pain, or confusion also need urgent professional assessment. A workbook cannot determine medical safety.

FICTIONAL EXAMPLE

Following possible opioid exposure, a friend calls emergency services and stays with the person rather than waiting to see whether they can “sleep it off.”

GUIDED REFLECTION

1. Is there an immediate medical or personal safety concern right now?
2. What instruction from a qualified service needs to be followed?
3. Who can stay or connect you with urgent help?

YOUR PRACTICAL NEXT STEP

Complete an emergency-contact card when you are safe and medically stable.

WORK IT THROUGH

Deal with immediate safety before reflection

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 Is there an immediate medical or personal safety concern right now?

2 What instruction from a qualified service needs to be followed?

3 Who can stay or connect you with urgent help?

PRACTICE / TAKE-HOME ACTION

Complete an emergency-contact card when you are safe and medically stable.

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

CHAPTER 2 / 5

Reconnect with one safe person or service

Shame and secrecy can make the next step harder. Choose one person or service that can respond without punishment or coercion. You can start with a short factual statement and request specific help.

FICTIONAL EXAMPLE

Lee texts, "I used again and would like help contacting my clinic today. Can you stay on the phone?"

GUIDED REFLECTION

1. Who can respond appropriately today?
2. What exact help will you ask for?
3. If they are unavailable, who is your second contact?

YOUR PRACTICAL NEXT STEP

Write a 30-second support request and backup.