

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Holidays, Birthdays & Celebrations

A flexible event plan for invitations, family pressure, travel, and meaningful alternatives.

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

Decide what participation means to you

An invitation is an option, not an obligation. Consider what matters about the occasion, the people involved, your energy, and what support you can access. Attendance, partial attendance, and declining can all be valid choices.

FICTIONAL EXAMPLE

Robin wants to see a cousin but not stay for a late-night party. Robin plans a daytime visit instead.

GUIDED REFLECTION

1. What part of this event matters to you?
2. What is the likely cost in time, money, and energy?
3. What would make your choice feel more manageable?

YOUR PRACTICAL NEXT STEP

Use the attend / adapt / decline decision card.

WORK IT THROUGH

Decide what participation means 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 part of this event matters to you?

2 What is the likely cost in time, money, and energy?

3 What would make your choice feel more manageable?

PRACTICE / TAKE-HOME ACTION

Use the attend / adapt / decline decision card.

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

CHAPTER 2 / 5

Notice event-specific cues

Map the event as a sequence: preparation, arrival, social time, departure, and aftercare. Identify pressure points, including transport, emotional reminders, alcohol or other substances, and unstructured time. Choose supports for the parts that actually matter.

FICTIONAL EXAMPLE

Taylor is comfortable with dinner but anxious about the after-party. Taylor schedules a ride home before dessert.

GUIDED REFLECTION

1. At what point would the event become more difficult?
2. What can you arrange before arriving?
3. What signal would tell you to leave early?

YOUR PRACTICAL NEXT STEP

Draw a five-part event map with one backup at each pressure point.