

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Learning to Have Fun Again

A low-pressure activity guide for curiosity, enjoyment, and affordable recovery-supporting routines.

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

Define fun without an all-or-nothing test

Enjoyment can look like play, interest, belonging, comfort, novelty, or accomplishment. It need not feel exciting immediately. If loss of interest is persistent or severe, consider discussing it with a qualified health professional.

FICTIONAL EXAMPLE

Maya does not enjoy a loud event but likes fixing an old bicycle and decides that accomplishment counts as enjoyment.

GUIDED REFLECTION

1. What activities used to hold your attention?
2. Which kinds of enjoyment seem possible now?
3. What expectation about fun could you loosen?

YOUR PRACTICAL NEXT STEP

Create a personal menu of five kinds of enjoyable experience.

WORK IT THROUGH

Define fun without an all-or-nothing test

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 activities used to hold your attention?

2 Which kinds of enjoyment seem possible now?

3 What expectation about fun could you loosen?

PRACTICE / TAKE-HOME ACTION

Create a personal menu of five kinds of enjoyable experience.

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

CHAPTER 2 / 5

Find activities that fit your real resources

Consider time, money, weather, transport, energy, ability, and privacy. Choose options that do not assume you can spend money or travel far. Look for libraries, parks, local events, creative projects, or home-based activities.

FICTIONAL EXAMPLE

Lee chooses a free library film screening instead of a paid concert, avoiding the need to borrow money.

GUIDED REFLECTION

1. What no-cost option is accessible this week?
2. What supplies do you already have?
3. What barrier needs a backup plan?

YOUR PRACTICAL NEXT STEP

Build a three-tier activity menu: free, low-cost, and occasional.