

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Living With Someone Who Is Still Using

A practical plan for recovery, shared spaces, boundaries, and safer choices when moving out is not immediately possible.

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

Map what you can and cannot change

A shared home can contain both supportive relationships and difficult reminders. Separate what is under your control (where you spend time, your requests, who you call) from what belongs to another adult (whether they use, seek treatment, or agree with you). A boundary describes your action; it does not guarantee the other person will change.

FICTIONAL EXAMPLE

Alex shares a kitchen with a roommate who uses. Alex cannot control the roommate's choices, but can request no substances in shared food-preparation areas and arrange an alternative place to spend the evening.

GUIDED REFLECTION

1. Which parts of the living situation are currently most stressful?
2. Which change could you request without escalating risk?
3. What is one action you could take even if the request is refused?

YOUR PRACTICAL NEXT STEP

Write one respectful request and one backup action that does not depend on a promise from the other person.

WORK IT THROUGH

Map what you can and cannot change

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 Which parts of the living situation are currently most stressful?

2 Which change could you request without escalating risk?

3 What is one action you could take even if the request is refused?

PRACTICE / TAKE-HOME ACTION

Write one respectful request and one backup action that does not depend on a promise from the other person.

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

CHAPTER 2 / 5

Create a lower-risk living zone

When there is no private room, small environmental choices can still matter: avoid known high-risk times or shared spaces, keep medications and documents secured where feasible, and identify a place to make a phone call. Do not confront someone who is intoxicated or threatening. Personal safety comes before enforcing a household agreement.

FICTIONAL EXAMPLE

After repeated arguments late at night, Sam decides to discuss household rules in daylight and uses a nearby community centre as a planned place to decompress.

GUIDED REFLECTION

1. What time and place most often precede conflict?
2. Where could you go safely for 30 minutes?
3. What documents or supplies would you want ready if you needed to leave?

YOUR PRACTICAL NEXT STEP

Draw a two-location map: your preferred low-risk spot and a realistic alternative.