

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

I'm Not Ready to Quit

An autonomy-respecting workbook for exploring substance use, mixed feelings, safety, and personally chosen change.

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

Begin with your own priorities

You do not need to declare abstinence to reflect on your substance use or ask for support. Motivation can shift, and mixed feelings deserve curiosity rather than an argument. This workbook does not provide instructions for using drugs; it focuses on decisions, safety, and available support.

FICTIONAL EXAMPLE

Jordan is unsure about stopping but wants fewer missed shifts and fewer conflicts at home. Jordan begins with those concerns rather than a promise to quit.

GUIDED REFLECTION

1. What do you value about your current routine?
2. What worries you or creates costs?
3. What change, if any, feels worth exploring now?

YOUR PRACTICAL NEXT STEP

Complete a four-quadrant staying-the-same / changing map.

WORK IT THROUGH

Begin with your own priorities

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 do you value about your current routine?

2 What worries you or creates costs?

3 What change, if any, feels worth exploring now?

PRACTICE / TAKE-HOME ACTION

Complete a four-quadrant staying-the-same / changing map.

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

CHAPTER 2 / 5

Identify the need beneath the behaviour

Substance use may be associated with relief, social connection, sleep, energy, or avoidance. Naming a hoped-for benefit does not erase harms. Ask what alternative supports might address that need, even partially.

FICTIONAL EXAMPLE

Sam notices substances are used most often to get through loneliness after work, and decides to test a regular evening call.

GUIDED REFLECTION

1. What do you hope will change in the moment?
2. What usually happens later?
3. What else might meet a part of the same need?

YOUR PRACTICAL NEXT STEP

Make a need / short-term effect / longer-term cost / alternative-support chart.