

THE RECOVERY DESK

PREMIUM EDITION

Shame, Guilt & Self-Compassion in Recovery

Accountability without harsh self-labels

Expanded guided resource

29 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original Shame, Guilt & Self-Compassion in Recovery resource is preserved and followed by 12 new guided-practice pages tailored to accountability without harsh self-labels.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

KEEP IT PRACTICAL

Choose small, specific actions. If a tool is ineffective, consider another strategy, a safer location, another person, or professional support.

01 Distinguish Action And Identity

UNDERSTAND

A behaviour can need repair without defining a person's entire identity. Describe observable events rather than global labels.

EXAMPLE - FICTIONAL SITUATION

Instead of calling themselves a failure, Jo writes down a missed commitment and its effects.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What have I noticed about distinguish action and identity in my own life?

Which part is within my control, and which part needs outside support?

What is one small, realistic option I could try?

A SMALL ACTION YOU CAN CHOOSE

Choose one achievable action for the next 24 hours and a way to review what happened.

My exact next step, when I will try it, and the support I can request
