

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Sober, but Lonely

A practical social reconnection workbook for friendship, belonging, and manageable contact.

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

Identify the kind of connection you miss

Loneliness can mean missing companionship, shared interests, reliable help, emotional closeness, or simply being around people. Matching the need to a form of contact can make next steps more realistic.

FICTIONAL EXAMPLE

Nina realizes she misses casual company more than deep conversations and tries a drop-in board-game night.

GUIDED REFLECTION

1. What kind of contact feels missing?
2. When is the loneliness strongest?
3. Which existing connection still feels safe enough to approach?

YOUR PRACTICAL NEXT STEP

Make a connection-needs map with one low-pressure option per need.

WORK IT THROUGH

Identify the kind of connection you miss

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 kind of contact feels missing?

2 When is the loneliness strongest?

3 Which existing connection still feels safe enough to approach?

PRACTICE / TAKE-HOME ACTION

Make a connection-needs map with one low-pressure option per need.

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

CHAPTER 2 / 5

Understand that friendship takes repetition

Many relationships grow through repeated ordinary encounters. Choose environments you can revisit: libraries, classes, peer groups, volunteering, walking groups, or online communities with clear boundaries. Attendance alone is not a measure of success.

FICTIONAL EXAMPLE

Ari attends the same free community class three times and begins recognizing familiar faces before exchanging contact details.

GUIDED REFLECTION

1. Which recurring activity fits your access and interests?
2. What could stop you attending a second time?
3. What would a manageable first interaction look like?

YOUR PRACTICAL NEXT STEP

Create a three-visit experiment with transport and budget plans.