# A Low-Energy Day Plan - Cooperative Planning Workshop

40 minutes | 3-12 people | Adults with trained group facilitation

Reduce a planned day to essential needs, one chosen action, and a support request.

## Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

## Meet the fictional case - 4 minutes

A member feels depleted after a service transition. Ask what is known, what is assumed, and what the person in the case wants.

## Practice: Planning workshop - 26 minutes

Reduce a planned day to essential needs, one chosen action, and a support request. In pairs or small groups, create two possible plans for the fictional case. Compare access, effort, likely tradeoffs, and consent. Choose one reversible trial with a backup and a review point; allow an observing role.

## Reflect and compare - 4 minutes

What is enough for today? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

## Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

## Practice output

A feasible plan with a support, a backup, and a review question.

## Scope and care

Use ordinary or fictional examples, not graphic substance-use stories or cue exposure. No competitive abstinence scoring, forced disclosure, or required pathway. These plans do not manage intoxication, overdose, withdrawal, or medication changes; follow individualized care and appropriate medical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, GP03, RF-SUR. Full source links: library.morethantherapy.org/group-activities/GRP794