People Places and Routines

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A familiar route makes a new routine difficult.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Map everyday contexts that support or complicate a self-defined recovery goal without recreating use cues.

3. What environmental change could help?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.