Recovery Myth Questions

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 character hears that setbacks mean no commitment.

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

2. Try this task: Rewrite shame-based statements as curious questions about support and context.

3. What question opens a useful conversation?

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.