Recovery Environment Design

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 person wants an evening routine that supports stability.

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

2. Try this task: Adjust one everyday space to support a chosen routine without surveillance or punishment.

3. What change increases choice and access?

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.