# A Pause with an Exit - Supported Practice Lab

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

Create a short pause plan that includes a way to leave a difficult situation safely.

## 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 fictional member is invited to stay in a setting that feels unhelpful. Ask what is known, what is assumed, and what the person in the case wants.

## Practice: Skills rehearsal - 16 minutes

Create a short pause plan that includes a way to leave a difficult situation safely. Offer speaker, support-listener, and observer roles using the fictional case. Model a brief permission-based exchange, rehearse one small part of the task, and invite a role switch only by choice. Observers notice clarity and consent rather than rating people.

## Reflect and compare - 4 minutes

What makes leaving feasible rather than theoretical? 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 brief practiced statement, question, or support request, plus one revision.

## 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/GRP357