# Urge Delay Toolbox

Addiction Recovery | 30 minutes | 3-12 participants | Adults with appropriate facilitation

## Purpose

Prepare several low-risk ways to use a short delay while contacting chosen support.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

## Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

## Introduce the example - 3 minutes

A fictional person notices an unexpected urge after work. Ask what is known and what is still a guess.

## Practice: Planning workshop - 17 minutes

Prepare several low-risk ways to use a short delay while contacting chosen support. Sketch several possible responses, compare access and likely tradeoffs, and choose one adjustable plan with a backup.

## Reflect together - 4 minutes

Which option is available without extra money? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

## Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

## Facilitator fit and boundaries

Use fictional, low-intensity examples; do not recreate substance-use cues or give withdrawal or medication advice. Follow individualized care plans.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services, TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment. Source links appear on the online activity page.