

[Recovery: support for the next step | Explore](#)

# My Difficult-Moment Support Map

Adults | 8 to 10 minutes | Worksheet

**Connect an early signal with one available action and a backup source of support.**

Choose a manageable situation that could make recovery more difficult. You may use a general label such as "after work" without describing substance use or an upsetting event in detail.

## How to use this page

Complete the three areas while things feel settled enough to plan. Stop or change the topic if remembering the situation increases distress or urges.

## Notice an early opening

Identify a cue you might notice before the situation becomes harder: skipping a meal, withdrawing from support, a change in routine, or an invitation you feel unsure about. A cue is information, not proof that a return to use will happen.

## Make the next action reachable

Choose one action you can realistically access, such as stepping into a different space, contacting your care team, checking a transport option, or using a strategy already agreed in treatment. Include what makes it possible: a charged phone, saved contact, private place, or someone available at that time.

PK07-03 | continued

## Give the plan a backup

People and services are not always available. Identify another route to support and questions to clarify with a professional. This worksheet does not replace a medical, overdose, or crisis response plan. Urgent needs require the appropriate help immediately.

### 1. A manageable situation and an early cue I might notice

### 2. One reachable action, and what I need to make it possible

### 3. A backup support option or question for my care team

**PK07-03 | continued****Facilitator notes and adaptation**

Avoid vivid cue exposure or rehearsing substance use. Attend to housing, food, transport, discrimination, and access; do not reduce recovery to coping skills alone.

**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

**Conceptual references**

PB03 | SAMHSA; official copy hosted by GovInfo | Important Considerations in Recovery

[https://www.govinfo.gov/content/pkg/GOVPUB-HE20\\_400-PURL-gpo234454/pdf/GOVPUB-HE20\\_400-PURL-gpo234454.pdf](https://www.govinfo.gov/content/pkg/GOVPUB-HE20_400-PURL-gpo234454/pdf/GOVPUB-HE20_400-PURL-gpo234454.pdf)

PB05 | National Institute on Alcohol Abuse and Alcoholism | How to Stop Alcohol Cravings

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>