

Recovery: support for the next step | Rehearse

Ask for the Kind of Support You Need

Adults | 8 to 15 minutes | Clinician script

Practice a specific support request while leaving room for limits and alternatives.

Choose a trusted person, peer worker, or professional you may want to contact. You can practice privately or with a facilitator. Rehearsal does not require sending the message.

How to use this page

Use a made-up situation in a group. Decide how much you want to share, and keep personal health information out of any public or shared practice.

Make the request concrete

Try an opening in your own words: "I am working on a change and could use help with one thing." Name a task, timeframe, or type of response. For example, ask for a ten-minute check-in, help locating a service, or company while making a call. Avoid relying on someone to guess what support means.

Check availability and boundaries

Invite an honest response: "Is that something you can offer?" The person may need a different time or may not be able to help. Their limits do not decide your worth or whether you deserve support. Ask about a practical alternative if that feels useful.

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Prepare another route

Practice a brief reply to a no, silence, or an unhelpful response. Then name a second person or service to approach. If support is urgent, use an appropriate urgent care route rather than waiting for this practice contact.

1. My request, the amount I want to share, and an alternative if this person is unavailable

Facilitator notes and adaptation

Do not pressure disclosure to unsafe family members or employers. Verify professional boundaries and response times; no contact should be described as continuously available without confirmation.

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

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PB04 | National Institute on Alcohol Abuse and Alcoholism | Long-Term Recovery Support

<https://alcoholtreatment.niaaa.nih.gov/support-through-the-process/long-term-recovery-support>