

Recovery: support for the next step | Practice

Make One Support Easier to Reach

Adults | 5 to 10 minutes | Worksheet

Remove one practical obstacle to a support option you have chosen.

This optional task focuses on access. Choose a support that fits your goals, then make one part of reaching it easier. You do not have to attend a group or disclose personal information to complete this activity.

How to use this page

Pick a small step for a time that suits you. A preparation step, such as checking hours or finding a private place to call, can be the whole task.

Choose the access step

Possible steps include saving a clinic number, checking transport, asking about interpretation, locating an accessible entrance, or learning whether a group allows listening first. Choose what actually reduces uncertainty for you. Do not assume a service's cost or eligibility from its name.

Protect time and privacy

Decide where you could do the task and what device or help you need. If using a shared phone or computer, consider what information may remain visible. You can use a general reminder instead of writing a diagnosis or recovery detail.

PK07-05 | continued

Allow a smaller result

If you cannot complete the step, record the obstacle in a few words or remember it for the next appointment. A disconnected number, waiting list, or inaccessible service is useful information. It does not mean you failed. Bring the barrier to someone who can help explore alternatives.

1. The support I chose and one small access step

2. When, where, and what help or privacy I need

3. A smaller option, and what I will do if the service is unavailable

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Facilitator notes and adaptation

Never promise availability, affordability, confidentiality, or eligibility of an unverified service. Follow up on structural barriers rather than repeatedly assigning the same task.

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

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>