

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

Review Without Starting Over

Adults | 5 to 10 minutes | Worksheet

Identify what a recent attempt revealed and choose an adjusted support step.

Recovery plans sometimes need revision. Use this page whether your last step went as hoped, partly happened, or did not happen. You do not need to produce a success story.

How to use this page

Choose one recent attempt. Keep the description brief and present-focused. If substance use, withdrawal, or another health concern needs attention, connect with appropriate care first.

Describe, rather than grade

Write what you tried and what happened. Include any helpful moment, even if the overall plan was difficult. Avoid turning one event into a judgment about your future or your right to receive care.

Look at fit and support

Ask whether the plan matched your available time, energy, money, transport, privacy, and interest. What did you learn about the support itself? An inaccessible appointment or an unsuitable group may call for a different option, not simply more effort.

PK07-06 | continued

Choose the next conversation

Decide whether to repeat the step, make it smaller, choose another support, or talk with your clinician about a changed need. If there was a return to use or increased risk, seek professional guidance about current safety and treatment needs. A reflective page cannot make that assessment.

1. What I attempted and what actually happened

2. One helpful detail or barrier the attempt revealed

3. What I want to adjust or discuss with a support person now

PK07-06 | continued**Facilitator notes and adaptation**

Use nonpunitive, person-centred language. Do not infer safety, severity, readiness, or treatment response from answers. Address current risk through established clinical assessment.

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>